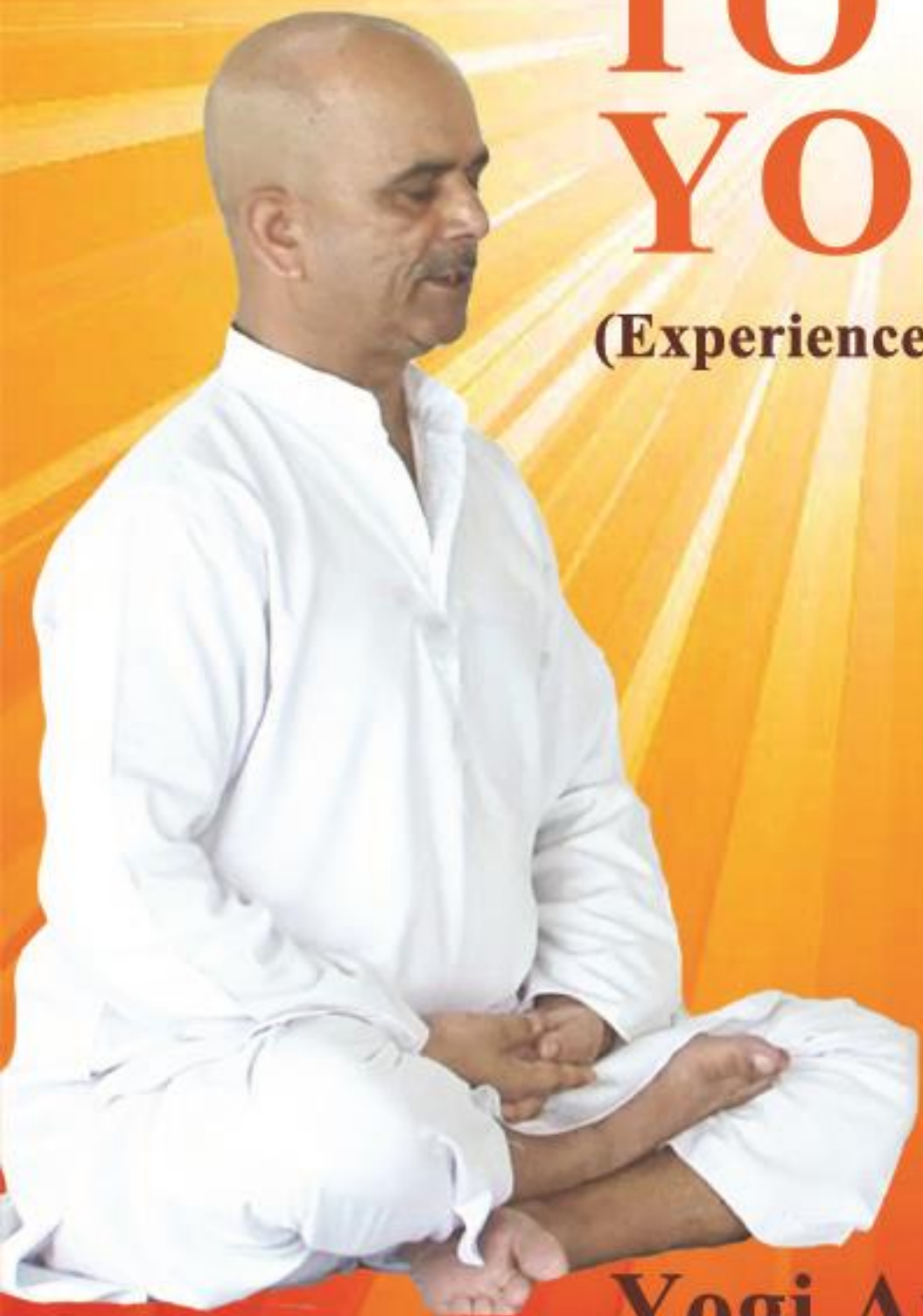


HOW TO DO YOGA

(Experiences of a Yogi)



Yogi Anand Ji

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(EXPERIENCES OF A YOGI)

Yogi Anand Ji

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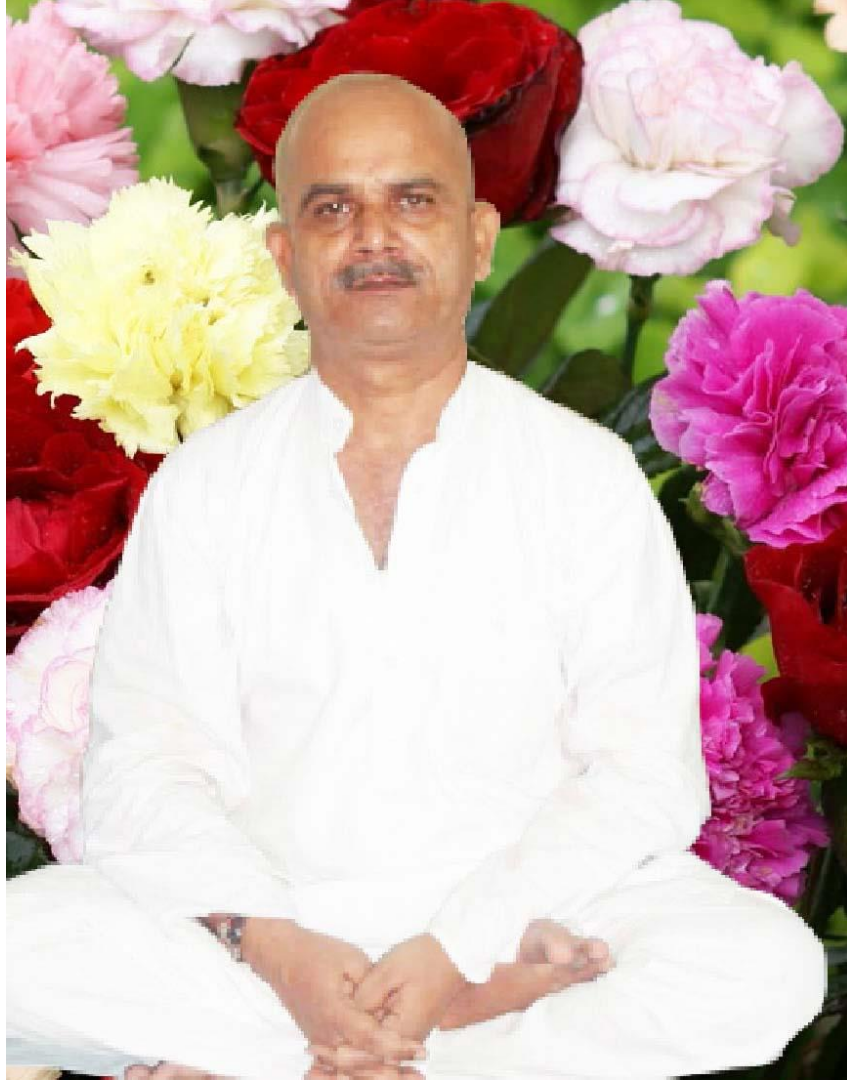
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<http://www.youtube.com/c/YogiAnandJiSahajDhyanYog>



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Yogi Anand Ji

Preface

Dear readers! In this book, I have tried to write about the kind of meditative visions which spiritual seekers have during meditation, the meaning of visions, obstacles in the path of yoga and how to get rid of these obstructions. A lot of information has been written about *Kundalini*, how the individual soul (*jiva*) gets established in its own self after being free from all bondages. The meditative visions written here are of my own. In this book, I have written the experiences that came to me from September 1984 to May 1999. My path is that of "*Sahaj Dhyan Yoga*."

My objective behind writing this book is that spiritual seekers should understand what kind of experiences spiritual seekers have after the awakening of *Kundalini* and after the opening of the chakras. Nowadays, most of the spiritual seekers remain in the confusion that their *Kundalini* has been awakened and their chakras have become active, while it would not have happened. My sole objective is that spiritual seekers could make maximum spiritual gains and progress, their life may become divine, get enrooted in their true self and thereby, may attain everlasting peace.

Thanks!

- **Yogi Anand Ji**

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Translator's note

**Dhyaan-Moolam Guror-Moortih
Puuja-Moolam Guroh-Padam |
Mantra-Moolam Guror-Vaakyam
Moksha-Moolam Guroh-Kripaa ||**

(Meaning:1: The Root of Meditation is the Form of the Guru, 2: The Root of Worship is the Feet of the Guru, 3: The Root of Mantra is the Word of the Guru, 4: The Root of Liberation is the Grace of the Guru.)

The idea of translating this book 'Yog Kaise Karen' came as blessings of Gurudev Yogi Shree Anand ji. We are very grateful to him for Bestowing us the opportunity of carrying his ideas to the masses.

To write something about Guruji would be like showing a lamp to sun. In this book, some major experiences of Gurudev have been mentioned from the starting of the spiritual practice to attaining the final stage. It is on the basis of these experiences that the guru recognizes the state of spiritual practice of a seeker, however it is difficult for a seeker to understand the exact meaning of the experiences by himself. This book will definitely be helpful in giving right direction to the seekers.

The translation of this book has been done by Dr. Gaurav Parashar (M.S. ENT) and proof reading is done by Dr. Ravi Kant Pandey (Scientist) and Mr. Anshul Khandelwal (Professor).

We have tried Our best to reflect his words of wisdom from Hindi text to English without any tempering of the basic spirit of the book, however in case of any discrepancies the Hindi version of 'Yog Kaise Karen' hold true. The words whose exact Hindi meaning could not be found, are written in italics and further a glossary has been added at the end the book.

Few Words

The meditative visions that I have written in this book have come during my *sadhana* period. I started my *sadhana* from 18-20th September, 1984. I had many meditative visions from the beginning in the *sadhana*, but initially, I did not write them. Although my *gurudev* had told me many times, “Anand Kumar, you have good meditative visions during meditation, so note down your visions in a copy.” In the beginning, I did not pay attention to writing my meditative visions. When I went to *Shri Mataji* in June 1989 and got an opportunity to stay with her, then *Anna ji* (venerable *Shri Mataji*'s husband) also told me, "Anand Kumar! Start writing your meditative visions in a copy. It may be possible that in the future, other spiritual seekers may be benefitted from your meditative visions." I started writing my meditative visions, as told by *Shri Anna ji*. Since June 1989, I started writing my meditative visions immediately after they appeared during meditation. But I had not written the meditative visions that came to me from September 1984 to May 1989. I wrote the meditative visions, which came during this period, in 1994-95 but by that time, ten years had elapsed. I wrote the important meditative visions, out of all which I could recall, and left the remaining ones.

I give the credit of the success, that I have achieved in my *sadhana*, and the meditative visions that I had during my *sadhana*, to most revered *gurudev Shri Mataji*, because she had been very gracious to me. She bestowed the love of not only the *guru* but also of the mother. Only by her blessings, I have been able to write the meditative visions from the beginning stage to that of the highest stage of the *sadhana*. I was just a worldly man, but *shri gurudev* made me a glowing gold after taking me under her wings. My mother and father gave birth, gave me a physical body, but my *gurudev* gave me the knowledge of the real nature of the gross world

filled with ignorance (*avidya*) and *Maya* and showed the path to infinite. Now by the grace of *gurudev*, I am moving forward on the path of infinite.

I remember one more thing, when I was meditating, then, late revered *Swami Sivananda ji* asked me, "Yogi, why do you write your meditative visions?" I said, "Swami ji, my *gurudev*, and fellow disciples wanted me to write my meditative visions, so I started writing them." *Swami ji* said, "It is true that you have written these meditative visions on the instruction of your *gurudev* and the fellow disciples but you have my blessings too, so in the future, some spiritual seekers will receive guidance from this treatise and they will be blessed." This was *Swami Sivananda ji* who was from Rishikesh and left his physical body in 1963 and he is the *gurudev* of my *gurudev*. *Swami ji* guided me a lot during my *sadhana* period. When I attained the supreme state of *yoga*, then he helped me much and explained the intricacies of *yoga*.

Dear readers! You would definitely be benefited by reading my experiences. Those spiritual seekers who do *sadhana* will definitely get guidance from these meditative visions, such is my conviction. It may be possible that my meditative visions do not match with that of other *yogis*, then forgive me. My path is that of *Sahaj Dhyana Yoga*; therefore, spiritual seekers who follow the path of *Sahaj Dhyana Yoga* will surely get benefitted. Because sometimes it happens that the meditative visions of a spiritual seeker do not match with those of other spiritual seekers. But the subtle meaning of meditative visions remains similar. But the thing to keep in mind is that *yoga* cannot be done without *sadguru*, so the spiritual seeker must do his *sadhana* under the guidance of a competent guide, only then it is possible to progress in the path of *yoga*. *Yoga* cannot be practiced just by reading books.

I was a theist even before I started *sadhana*. I had faith in worship, temples, etc., and used to read religious books a lot. I have also studied books of other religions. But I had never read books related to *yoga*, nor did I have any knowledge about *yoga*. Since I came to the path of *yoga*, I did not look back; I just kept moving forward. Many obstacles came, big problems came, I firmly faced difficulties, and renounced worldly objects too when needed. But no obstacle or trouble could stop my path and finally, I got success. Today, I find myself internally rejoiced. My parents named me Anand and now I am in *ananda* (bliss), sorrow cannot even touch me because where there is joy, sorrow has no job to do.

Dear readers! If you want, you can also make your life blissful. *Yoga* does not mean that you have to go to the forest and practice *yoga* right there; it is not necessary that you will progress in *yoga* there only. You can practice *yoga* while staying as a householder. You should just have faith, trust, perseverance, patience, and abstinence; you will also definitely succeed. A human being is the most superior living being in the entire world. It is his duty to contemplate a bit about God. The whole life should not be spent craving for physical pleasures. Remember, physical pleasures are transient. After transient pleasures, the pain will definitely follow as happiness and sorrow are always interlinked as a pair. So, seek out such joy that will ever remain with you and you never have to feel sorrow. A human being has a duty to recognize his Self, to know how his real nature is. Your nature is ever-lasting; it is the truth; you are the son of immortality, recognize yourself. You are considering the manifested physical world as your own that is impermanent, inanimate and full of delusion and ignorance. Only *sadguru* (true master) can liberate you from this world filled with darkness. O! Sons of immortality, may all of you get the *sadguru*, your life be blessed, and may you get the path of the infinite. Dear readers! If you

want to ask something about *yoga* and want to take any (*yoga*-related) guidance while meditating, feel free to ask me on YouTube or Facebook.

- **Yogi Anand Ji**

The Year 1984

Beginning of My Sadhana

First of all, I pay obeisance to my *gurudev Shri Mataji*, because the *guru* is the best in a spiritual seeker's life. She has blessed me with immense grace, *Shri Mataji* became my *guru*, and she guided me on *yoga*. Under her guidance, I had very good experiences and achieved success in *yoga*. *gurudev Shri Mataji* did *shaktipat* over me several times during my *sadhana* period. With her blessing, I could achieve a supreme state, and my current birth became a success. Now I am writing about my experiences which came to me during my *sadhana* period.

I started my *sadhana* since 18-20th September, 1984. At that time, I did not write about my visions that came during meditative state. Although, many times the spiritual seekers and *Shri Mataji* said to me, "You should write your experiences in a notebook, your experiences are good. In the future, it may be possible that these experiences will be read by new spiritual seekers and all those spiritual seekers can be benefited. But until then, I did not write my experiences. Once in June 1989, *Shri Mataji* called me in Miraj, and I got an opportunity to stay there for one to one and a half months. At that time, I had even more intensity in *sadhana*, much better meditative visions started appearing, then *Shri Mataji*'s husband, *Anna ji*, said to me, "Anand Kumar, you should write your experiences in a notebook. *Shri Mataji* and some spiritual seekers had asked to write my experiences. Then I started writing my experiences from June 1989. But the visions that came, in the meditative state, between September, 1984 to May, 1989 were not written. I wrote these meditative visions in October, 1994. After the lapse of almost ten years, I wrote only those

meditative visions which I could remember and the ones that I considered to be appropriate for writing.

It was the month of September 1984; I used to work in Delhi at that time. I used to return to my room, after my duty, around 5.30 PM. After coming to my room, I did not have to do any additional work, so in my free time, I used to read books of general knowledge and stories. I did not use to have much contact with neighbors or friends and I used to enjoy solitude. One day, I did not have any book to read so I was thinking about what to do in my free time. So, I went to the neighboring friend, asked him for a book to read. Then, my friend said, "At this time, I do not have any book, only a spiritual book is there which you can read if you want." I said, "Give me that book; I will spend my time with that book." That friend gave me a book the condition of which was very bad, the title and some pages were missing from the book. I took that book and came to my room and I started reading from the beginning. After reading some pages, I was not interested in that book but then I thought, let me read it anyway; what is the harm in reading? After all, I want to spend time somehow. When I read about 8, 10 pages quickly, then my interest in this book increased and I started reading with my full attention. My interest increased so much that I could not wish to put the book down. I read this book for about 2-3 hours then I closed it. I cooked for myself and went to sleep after eating the food because it was pretty late in the night.

On the second day, when I came back from work, I started reading the same book again. My interest in this book increased so much that I finished the book by 10:30 PM. Now a strong desire arose in me whether I can also do *sadhana*? Could I be successful in that? At the end of the book, a method to practice *sadhana* was described on some pages. And the authoress also wrote, if you ask me about *yoga*, I will definitely respond and she also wrote her address. I decided I would meditate;

the success will definitely be achieved at some point. If a man does something with hard work, diligence, and perseverance, why would success not be achieved? The book I have just described was written by my *gurudev Shri Mataji*. The name of that book was” *Kisi Ek Ki Sadhana Gatha*”. In this book, the experiences of *gurudev Shri Mataji* were written. These experiences came to her during her *sadhana* period.

Sitting First Time for Meditation

It was eleven o'clock in the night; I decided to have my meal later, and first decided to meditate according to the method described in the book. I sat on the floor on a pallet. I like Lord *Shankar*; that is why I had kept pictures of Lord *Shankar* in his different *mudras* (spiritual gestures) in my room. I put one such picture in front of me and prayed to Lord *Shankar*, "Kindly, being pleased with me, bless me that I become a successful *yogi*." According to the method described in the book, I sat keeping my spine straight. I sat quietly for a while. After a few moments, I felt that I was becoming somnolent, and later I was not in my senses. When my eyes opened, I learnt about a special kind of activity in my body that I cannot describe. My mind was happy. I got up from the pallet, looked at my watch, and I was shocked. The reason I was shocked was that it was 11:40 PM. I started meditation at eleven o'clock, then how did these forty minutes pass? Forty minutes is a long time. It felt like I was sitting for five minutes. I thought that maybe there was something wrong while looking the clock when I sat for meditation. Then I cooked and ate a meal, until then it was about 1 AM at night, so I went to sleep.

The next day I woke up at 3.30 in the morning because I had to sit for meditation. My mind was very joyous, and there started an intense feeling to meditate daily.

After my daily routine in the morning, I sat for meditation at 4 AM, and this time I looked at the clock carefully, so that there was nothing wrong with the time. The clock was showing four o'clock in the morning. I sat on the pallet and then prayed to Lord *Shankar* and closed my eyes. When I closed my eyes, I lost my awareness, after some time, my eyes opened, my mind was very joyous, and there was no sign of laziness in the body. Now I looked at the clock and saw that the clock was showing five o'clock. I was surprised again, how did one hour pass I had not even realized. I was sitting on my seat and I did not feel like getting up. The eyes were shutting automatically and I felt that I should keep sitting for meditation. But it was five in the morning, so I stood up. After standing, I realized that I had become fatigued, so I laid down on the bed. I started thinking about how one hour passed as soon as I closed my eyes. It was also certain that I had not slept during meditation. Now my will power got further intensified, I will definitely meditate and work hard. I had a thought that I have to become a spiritual seeker, no matter how much I may have to sacrifice for it. After reading the book by *Shri Mataji*, I had realized that if a person's *karma* is good, then success in *sadhana* is achieved quickly. But during the *sadhana* period, a man also has to suffer the consequences of his past *karmas*. I do not know the *karmas* of my past lives. Yes, now I will do good deeds for progress in my *sadhana*.

I cooked and ate breakfast and went to work at 9 AM in the morning. I came back at 5:30 PM in the evening, took rest for some time, and then sat for meditation at six o'clock in the evening. Again 1 hour passed while meditating. I understood that perhaps I undergo deep meditation, so the passing of one hour did not seem long. At eleven o'clock at night, I sat again for meditation, it was about a half-hour of meditation and I fell asleep at 12 in the night. After getting up in the morning and doing my daily routine, I sat for meditation at 4 o'clock and meditated for an hour.

This had become my daily routine now. I used to meditate at four o'clock in the morning, at 6 PM in the evening and then at eleven o'clock at night. In this way, the duration of my meditation, in the beginning, used to be for two and a half hours a day.

Prana-vayu at Muladhara Chakra

Four to five days of daily meditation had passed, I was meditating in the evening, and I lost myself in the depths of meditation. After some time, my awareness started coming back and I felt that something is happening at the bottom of my spine i.e., in the root chakra (*Muladhara Chakra*). Now my focus got concentrated on the root chakra. After some time, a feeling of slight pain or tickling began in that region; this pain was a bit strange; even when I felt the pain, I felt good. There was a slight feeling of heat in that area due to which I was sweating in the lower part of the back. After some time, the pain became obvious. It seemed as the air was moving in circular fashion in spherical shape. When I felt the air, the pain increased even further, but there was great happiness inside me. I was ready to endure more pain, but the pain did not increase much. Now during meditation, I felt my physical body was getting tired; I opened my eyes i.e. I came out of meditation.

While ending meditation, the voice came from within the heart, "The object you were experiencing is your *prana-vayu*, and it has started rising." When I used to sit in meditation, only after a short time, I started to feel the *prana-vayu*. Now I used to meditate regularly along with chanting God's name. My desire to chant the name arose on its own. For 15 days, during meditation, I kept feeling that my *prana-vayu* was moving in that region.

Prana-vayu at Svadhishtana Chakra

For about 15 days, I was feeling *prana-vayu* on root chakra. But after that, it seemed as if my *prana-vayu* is trying to move upwards along the spine. When it was moving upwards, a bit of pain was felt at that time, but there was happiness in mind. After a few days, it moved slightly above the root chakra, but after a few moments, it would come back to root chakra. When my mind was a little focused, then it seemed to move upward. This kept happening for some time. After a few days, *prana-vayu* reached sacral chakra (*Svadhishtana Chakra*). I could clearly feel that now *prana-vayu* is staying at the sacral chakra. In the first few days, it happened so that *prana-vayu* would stop at the sacral chakra for a while and then came back down and stayed in the root chakra and after a brief time I used to come out of meditation.

In a few days, *prana-vayu* stabilized on the sacral chakra, and my interest in meditation increased more than before. Occasionally some special kind of thoughts started coming to me during meditation. I used to think why am I getting such impure thoughts? I thought, the impurity which was inside me was coming out. Then I came to know that the sacral chakra is in the place of the reproductive organs. There was a slight effect on the reproductive organs due to *prana-vayu* being at sacral chakra. These thoughts were coming because of this reason. *prana-vayu* stayed on this chakra for almost a week; from here also the *prana-vayu* started making efforts for moving up. It is often seen that spiritual seekers do not have any kind of spiritual experiences on the root chakra and sacral chakra. Only *prana-vayu* is felt here. Mostly, I have also experienced that spiritual seeker do not have even feeling of *prana-vayu* on the root chakra and sacral chakra but it does not mean that their *sadhana* is not happening. When proper meditation takes place, happiness increases within the spiritual seeker and there is a slight increase in consciousness.

Prana-vayu at Nabhi Chakra

Now *prana-vayu* gradually started to move upwards from the sacral chakra. When the *prana-vayu* rises from its previous place, then the spiritual seeker feels a slight pain. When *prana-vayu* moves back and forth multiple times in that area or when it stays there then the pain is not felt rather it starts to feel ticklish. The *prana-vayu* gradually came up to the navel chakra (*Nabhi Chakra*). For a few days, it used to reach the navel chakra only for a few moments then it came down a little and was stable there. When the practice increased, *prana* stayed on the navel chakra. Now the depth of meditation was better than before. Then I would forget myself for some time. I did not even remember that I was meditating, but after some time, I would start remembering that yes, I was meditating.

At this state, I started having a special kind of experience. After sitting for meditation, there was a feeling of sensation within my body, and then I used to forget myself. I used to see a vision during meditation, "I am standing in deep darkness and going forward in the same darkness, shade of the darkness is just as black as coal, I was not even able to see my body. I am moving forward in thick darkness. Finding myself alone in the darkness, I used to feel fear inside me. Because of this fear, my meditation used to get disturbed". I used to open my eyes and start meditating again. When I used to meditate, I used to find myself standing back in the same darkness. After meditating for a few days, I thought what kind of *yoga* is this? Why I see darkness and find myself in it. But I worked with firmness and thought that I should keep meditating. How long will this darkness be seen; it will end at some point or I will see what happens next in this darkness.

For a few days, this experience continued that I was going somewhere in the dark. Then one day, a meditative vision appeared, while I was going into the same

darkness, a fire was burning at some distance and I was moving towards the fire. When I used to sit in meditation in the morning or evening, I had the same experience that I was going forward in the dark, a fire was burning at a long distance and the flames of which were rising high. These flames were so high as if they were touching the sky. I am moving towards the flames of fire. Now the fire came near me and after some time the fire used to stop being visible. I started becoming aware again that I was meditating. The meditation would end on its own. I used to open my eyes.

When this experience kept going on during meditation for a few days, I started to have a feeling of fear, that what should I do now, and why darkness and fire appear? Why was I running in the dark? When such thoughts started coming to my mind, then, I started thinking, what should I do now, whom should I ask about this. It appears during meditation; it is a part of *yoga*, who will guide me? I thought, why not write a letter to that *Shri Mataji*, after reading whose book I began doing *sadhana*; maybe she will give me some answers. Because she has written at the end of the book, if a spiritual seeker will ask me about *yoga*, then I will definitely guide his path to *yoga*. After a few days, I wrote a long letter to *Shri Mataji*. I wrote, "I have started meditation after reading your book, I have also written briefly about my *sadhana*, the situation of my *prana* is presently on the navel chakra, darkness is seen during meditation, I am running ahead in that darkness. After a while, I see a burning fire whose flames are rising high, touching the sky. This is the meditative vision often have. That's why I'm afraid. Now I remain scared during meditation. Please guide me," and I wrote my background briefly. I sent the letter to *Shri Mataji* but I kept practicing *sadhana* regularly. Gradually the meditative vision of fire stopped. Now my fear was also gone, then my *prana-vayu* also started rising above the navel chakra. As the practice grew, my desire to meditate became more intense. It began to feel like as soon as my duty was over, I should come into the room to meditate.

The Vision of Lord *Vishnu*

I was meditating one morning like every day. Suddenly I began to see a little light; then in that light, a shape started to emerge, when the shape became clear, then my happiness went beyond limits. Because, in front of me, Lord *Vishnu* was standing wearing a yellow cloth (*Pitambar*) in his four-armed form, holding the conch, *Chakra* (a spinning, disk-like weapon), mace, and the lotus in all four hands. I bowed to him. He was smiling only. I was watching him carefully. He had a very beautiful form. After some time, Lord *Vishnu* disappeared, and my eyes got opened. This was my first experience of Lord *Vishnu* during meditation. I was feeling very happy because of this vision because I had seen Lord *Vishnu* during meditative state. I thought in the future also; there will be visions of Lord *Vishnu*. I was delighted with this hope. I had This meditative vision about ten years ago (1986), but I still remember this very well.

Prana-vayu at *Hridaya Chakra*

Prana-vayu gradually started rising towards the heart chakra (*Hridaya Chakra*) from the navel chakra, and after some days, the *prana-vayu* reached into the heart chakra and started becoming stable there. Now my meditation session gradually started to take a bit more than an hour. Spiritual seekers! When *prana* of a spiritual seeker comes to the heart chakra, very good meditative visions appear here; the spiritual seeker enjoys this state very much, it feels that he should keep on meditating. The reason for this is that at this chakra, the spiritual seeker has the vision of his favourite deity, and the light is also visible. When my *prana-vayu* came to this

chakra, I had also seen the light. This light appeared daily; it seemed as if the moonlight is spreading around me and I am roaming in that bright white light. Occasionally snowy mountains were seen, sometimes a green forest appeared; the sea was sometimes seen. And sometimes the rising sun was visible. Sometimes a flowing waterfall was seen. There are many such meditative visions, all of which I cannot write. Because ten years have passed, I do not even remember many of the visions. I am just writing the visions I remember and the ones which are the major ones amongst them. I wrote a letter to *Shri Mataji* a few days earlier, describing my experiences. I received a reply after 20 days. First, I thought, "I do not know whether *Shri Mataji* will reply to the letter or not." But when I received the letter handwritten by *Shri Mataji*, I was very happy. *Shri Mataji* had written, "When the spiritual seeker's *sadhana* is on the navel chakra, burning fire is seen because it is the location of the fire. Now you think about observing clean water with a lotus flourishing in it. "Along with this, she also sent the *Mrityunjaya mantra*, printed on a paper, and wrote in the letter, "Before meditating, chant this *mantra* eleven times, your fear will be gone." I started chanting it eleven times before meditation. I also started thinking about clean water and lotus during meditation. After a few days, clean water appeared to me in the meditative state, along with a blossomed lotus. Initially, dirty water was visible and then slowly, a flowing stream of clean water began to appear. Once I saw, a spring of clean water falling from the mountain, which was about to fall on me. Once I got up from meditation, I thought that the water coming from the mountain was going to fall on me like a spring. After a few days, there was a massive reservoir in place of the waterfalls. It seemed as if this water was an ocean; then, I saw the sun rising from it like in the morning.

The Vision of Lord *Shankar*

Because of the increase in practice, the *prana-vayu* now started to become stable in the heart chakra. I used to have various kinds of meditative visions during meditation on daily basis. Nowadays, I would wake up at 3:30 in the morning and would start meditation at 4:00 AM. At that time, it seemed like, A ball of air was moving in circles, in the spine, behind the heart. At that point on the back, there used to be sweat due to heat. At that time, I used to have the meditative vision that- I am roaming in bright white light, then I used to see the snowy mountains. I used to climb the mountains and walk the mountains. Another vision came a few days later, I was moving forward on the snowy mountains. After some time, I saw, Lord *Shankar* sitting at a high place, sitting alongside him is *Shri Mata Parvati* (an amiable form of goddess), and their *Nandi* (bull) also sitting at a distance. I was standing at a little distance from them from where I bowed to Lord *Shankar* and *Shri Mata Parvati*. They did not say anything in reply, but they were certainly smiling. For a while, I kept on gazing at them, then Lord *Shankar* and *Shri Mata Parvati* became invisible. I also walked back. After walking some distance, I found a green forest; this forest was very charming. I kept wandering around in this forest. In that forest, the trees were very high, and wind was blowing fast. Then my eyes got opened, and the meditative vision also ended due to break in meditation. This type of meditative vision came to me many times, in which I had the opportunity to see Lord *Shankar*.

The Vision of *Shri Mataji*

After some days of practicing *sadhana*, a desire arose in my mind. I started practicing *yoga* after reading her book, and she also guided me through her letters. I have also considered her as my *sadguru* in my mind. And I started to get some success, in *yoga*, as well in the form of meditative visions. Why am I not able to see such a great *yogini*? I thought mentally many times to see *Shri Mataji*, but she was not visible. Now I became a bit disappointed that why I am not able to see *Shri Mataji*. The only thought my mind had these days was that I must have a vision of *Shri Mataji*. I used to be preoccupied with this on the job. Sometimes friends would ask me, "Are you missing home?" I would say, "It is because of some other reason that I am worried."

Now a thought came to my mind, "Why not write a letter to *Shri Mataji*?" One day I sat down to write to *Shri Mataji*. First, I wrote about some of my meditative visions, and then I wrote, "Why don't I see you? I have resolved many times that I will have your vision, but failure has taken its toll on me. Please bless me and let me see your presence." A few days later, I received a letter from *Shri Mataji* upon getting which I was thrilled and came to my room. I knew that in this letter, she must have written an auspicious message for me. I started reading the letter; it said, "Your intention might be weaker. Therefore, the resolve will also be weakened. So please resolve with full devotion, I will also pray to the Lord that you see me." I started crying after reading the letter that where my intention gets weakened, I do not know. Then I cried a lot, did I not have faith in *Shri Mataji*, I started thinking this. I was lying for a while, in thinking mode, washed my hands and feet and sat to meditate on the pallet. First, I chanted the *Mrityunjaya mantra* eleven times then I closed my eyes to meditate. As I closed my eyes, suddenly, a

very bright light appeared. The light was so sharp that my eyes were dazzled. I did not have the strength to look at it; it seemed as if many suns were lit up together. In the same bright light, a human image appeared. In a moment, that image appeared as a woman. I instantly understood that this is *Shri Mataji*. For a few moments, the image of *Shri Mataji* remained in front of me and then she disappeared. Then the meditative vision ended and my eyes were opened. This meditative vision came immediately as I sat for meditation. I had just closed my eyes; I was not in meditation yet.

I sat again to meditate. I had a vision during meditation, “I have been walking on high mountains, which are made of white snow, on these mountains there are large, tall trees and wind is also blowing at a very high speed. For some time, I kept roaming around there, then my meditation ended.” It was almost a matter of an hour. Due to the vision of *Shri Mataji*, my mind began to feel very happy. I did not know how time would go at work because I would be lost in the memories of *Shri Mataji*.

Desire to Have Direct Glimpse of *Shri Mataji*

I wrote a letter to *Shri Mataji*: "*Shri Mataji*, I have your vision, now my intense desire is to see you face to face. I want to visit you; please tell me which route I should take because I do not know anything about Miraj city; where is this city? Where in Delhi do your disciples live, I want to meet them. Now I have a great desire to meet spiritual seekers so that I can talk to them about spiritual practice.” A few days later, *Shri Mataji*'s letter came, with addresses of two spiritual seekers of Delhi and permission to visit Miraj. *Shri Mataji* had also written, "I am very happy

that you have started practicing *sadhana* at a very young age. I will definitely guide the new generation of young people like you”.

In the letter, *Shri Mataji* had written the addresses of two spiritual seekers from Delhi. I went to those spiritual seekers a few days later, we got mutually introduced and then we talked about *Shri Mataji*, and I also told my experiences. I also told those spiritual seekers, “I am going to *Shri Mataji* very soon.” These days, I always used to think about *Shri Mataji*, and the only thought stuck in my mind was that now I will do *sadhana* as much as possible. Now my thoughts started to change on their own. I can remember, "From childhood till beginning of *sadhana*, I had lot of attraction towards God; I go to the temples too and I also take huge interested in worship. I liked the beautiful idols of the temples very much. I was a person with spiritual thinking. I used to read many spiritual books and I had collected a lot of religious texts.

Now my nature had become such that I remembered God all day. Now, nothing looked good to me except God. Due to *sadhana*, now sleep in the night was also reduced. I used to think, "When will it be 3:30 in the morning so that I can sit for meditation." I used to do the same daily. Sometimes my neighbours used to say, “What is going on? Nowadays, you are bathing early in the morning and then fall asleep. In the answer, I just used to say, "I have a habit of bathing in the morning.” Neighbours did not know what I was doing. My friends also used to say, "What's the matter now you are a bit aloof.” Now my habits also started to change, I did not like joking with someone, laughing much, etc. I only kept the necessary interactions. Since childhood, I liked Lord *Shankar* but did not know why? If you look at the beauty, then the form of Lord *Shri Krishna* is also very beautiful but I had no inclination towards *Shri Krishna*, I used to like only Lord *Shankar* in a meditative posture.

Once I was meditating. I had a vision during meditation, "A bright white light is everywhere, there are white snowy mountains, the wind is also blowing heavily, I am roaming in the mountains. In a few moments, I saw a woman wearing a white dress walking on a snowy hill at a little distance. Occasionally this woman looks at me, and then she goes on to wander on the mountains." I remember I had this kind of meditative vision earlier too; I had seen this lady many times, but I could not recognize her because I had never seen her before. I used to think, "I do not understand why this woman appears to me repeatedly." I could not decipher the meaning of this woman's vision, but I used to think, "Why do I see this woman often, I have no problem with her vision because her appearance was very beautiful and there was a peace on her face, her eyes were stable, and she looked beautiful in a white sari." I decided, "This is not an ordinary woman because it appears she is a unique woman that is why she is seen during my meditation repeatedly." I used to remember *Shri Mataji* but her perception did not come to me. The age of this woman would be about 50, 55 years; I used to guess this. And her body was a bit heavy.

The Vision of Lord *Shankar*

I had read in the book written by *Shri Mataji* that when the spiritual seeker's *sadhana* begins to take place in the heart chakra, then the spiritual seeker starts to have different types of meditative visions. This is where the spiritual seeker also sees his favourite deity. Now I had the strong desire that I, too, should have the vision of Lord *Shankar*. I remembered Lord *Shankar* during meditation, and prayed to Him, "Lord! Let me see you, the intense desire to see you have awakened in me." Then a few days later, during meditation, I got to see Lord *Shankar*. I saw, "There are high mountain peaks with snow, there is a small flat area on the highest peak where Lord

Shiv was sitting in the meditative posture on a tiger skin. His trident is partially buried in the snow with his *Damru* (small two headed drum) attached to it, while on the other side *Nandi* (bull) is sitting. This place is filled with bright white light; there is snow everywhere. There is no noise and no tree of any kind; even the wind is not blowing; peace is prevalent everywhere.” I kept looking at this scene for some time; I was very happy then I came out of meditation. I was meditating for an hour.

After meditation, I felt a little tired. I got up from the pallet and lay down on the cot and rested a little. These were the days of October, November. In Delhi, it starts getting slightly cold during this time, but during meditation, my clothes were soaked with sweat. After resting for 10-15 minutes, I got up from the cot and started cooking. I used to cook my own food as I did not have the habit of eating in a hotel. I had this habit from the beginning. I did not like the hotel's food, so I used to cook food myself. I had made a slight change even in my meditation schedule. Now I used to meditate from 6:30 to 7:30 in the evening. Between 7:30 to 8.30 PM, I used to cook and eat so that the food would be slightly digested. Then at 10 o'clock at night, I used to meditate again for half an hour. From 10:30 to 11:30 PM, I used to read books related to my work, and then I would go to sleep. I used to wake up at around three o'clock in the morning, got ready in half an hour and meditate from 3:30 to 4:30 AM. I used to relax from 4:30 to 5 AM. Then from 5 to 6 o'clock; I used to sit again to meditate; after that, I used to cook food and go to work at 9 AM. I used to return to the room at 5:30 in the evening. This way, I used to meditate for three and a half hours a day and kept chanting "*Om Namah Shivay*" in my mind all day.

Now you can understand how eager I was for doing *sadhana*. This routine was at the beginning of my *sadhana*, no one told me that I should practice so much, but I had a tremendous passion for it. Now I had become very busy, and my roaming around had stopped entirely. Sometimes I used to surprise at myself as to how I got

so passionate about it. At first, I was not like this: how did this change come suddenly; there was no one to lead me on this path. Yes, the book of *Shri Mataji* was my guide, and now correspondence with her started as well.

These days, I often used to have visions of Lord *Shankar*. In addition to that, *Shri Mata Parvati* also used to be with him; the place of vision remained same as earlier. I used to have Lord *Shankar's* glimpse sometimes in a meditative posture, and sometimes with *Shri Mata Parvati ji*. Due to this vision during meditation, I was very happy nowadays, but it did not last long because, during meditation, my *prana-vayu* was now trying to move upwards. There was a slight pain or tickling, and now glimpses also stopped gradually. It was not so fun to meditate now; the reason for this was, I did not have any vision during meditation or my next experience used to come only after a few days.

Dear spiritual seekers! You must have read in this book, I used to enter into meditation on its own. It was 45 minutes of meditation for the first time, while *Shri Mataji* had written in her book- the spiritual seeker should sit for at least 15 minutes, and he may not be able to meditate for a few days, but he should continue practicing continuously, etc.” But I was surprised that my deep meditation started from the beginning itself. Letter correspondence with *Shri Mataji* happened in the last days of October. Now my confidence in *sadhana* increased even more. Sometimes when I used to sit quietly, the voice was heard within my heart, "Anand Kumar, do your *sadhana*, you will surely get success." It strengthened my will even more, and I did not know why but I had a firm belief that my *Kundalini* awakening will certainly happen someday and I will reach the peak of excellence. Some spiritual seekers complain that their meditation does not go smoothly and they do not feel any sensation of *prana-vayu* in their body or under which chakra their *sadhana* is. Due to a lack of such experiences, they are unhappy. I never had this complaint.

Prana-vayu at Kantha Chakra

Spiritual seekers! The pleasure which I used to feel during *sadhana* was starting to diminish because the *prana-vayu* was beginning to rise from the heart chakra. When *prana-vayu* starts to rise above the heart chakra, then experiences are usually reduced or stopped. When the *prana-vayu* comes back in the heart chakra, then the experiences begin to occur. So now meditative visions were occasionally taking place, I remember my *sadhana* had quickly reached the throat chakra (*Kantha Chakra*). First, the *prana-vayu* goes to throat chakra slowly, and then after some time, it comes back to the heart chakra. Unlike heart chakra, meditative visions do not appear in the throat chakra and if it happens then it happens after many days. My mind was a bit sad because of not having visions. Whenever any meditative vision appeared, I became very happy. The mind was a little unhappy due to lack of meditative visions. But on the other side, I was happy because of my advancement in meditation.

Sometimes I felt during meditation, I was going into darkness, and I could not see anything due to the darkness. But the only thing I could feel that I was going forward into the darkness at a high pace. Now I used to have a feeling of fatigue during meditation. I was also aware that there was constant progress in my *sadhana*. After a few days, I realized that my *prana* was rising upwards and was getting stuck in throat chakra. It did not return downwards; moreover, it kept rising, but due to the obstruction in its path, it used to create pressure upwards, and with the virtue of this pressure, my head used to tilt backward during meditation due to which there was a lot of pain during meditation. When I used to come out of meditation, I could not straighten my head. My neck seemed to suffer badly. To straighten the head, I had

to take the support of both hands. Now the duration of meditation also increased automatically and it used to take one hour fifteen minutes to one and a half hours.

After a few days, I started to have a strange meditative vision. Just as I began to meditate, my neck would bend backward, and I found myself in a tunnel-like place. There was a mild yellow light inside that tunnel. This light was emerging from the circular walls of the same tunnel, or the tunnel walls were self-illuminated. I was moving forward in that tunnel at a high pace. After some distance, the tunnel appeared closed at the other end. I used to stand there and the vision ended like this.

This experience used to repeat after a few days. I did not understand the meaning, "What is this place like a tunnel, and what does it mean? Why do I run fast in this tunnel? This tunnel was always closed on the other end, then I would find myself standing in the same place, and I used to come out from meditation. Then I wrote a letter to *Shri Mataji* about this vision and the meaning of it. But the answer to my letter did not come for many days. Afterward, I came to know that at that time, *Shri Mataji* was very busy. *Swami Chidanand ji* was visiting her. Other spiritual seekers had also come there; for this reason, she could not reply to my letter. After some time, I decided that whenever I meet *Shri Mataji*, at that time, I will ask the meaning of this experience.

Meeting with the Subtle-Body of Grandmother

It was the month of November, December. I used to work in Delhi at that time. I was informed by a letter from my house that my grandmother died. Due to this news, I was very sad, so for two to three days, my focus towards *sadhana* got

diminished because I was missing my grandmother. After some time, I felt happy inside me. The reason for happiness was that I had become a spiritual seeker; I had spiritual experiences now. In the book written by *Shri Mataji*, there is a description that she could contact the spirits, and she also helped in their liberation. Now I started thinking, "Can I see my grandmother through meditation and can I make any connection with her? I have become a spiritual seeker, but do I have so much ability to connect with dead people?" Later, my mind said, "I will surely be able to have a connection with my grandmother." If a man tries, he can do anything with passion, perseverance, and hard work. I decided that even if I could not contact my grandmother, I would still keep on trying. I thought, "Why not try this contact this evening?"

In the evening, I sat down to meditate at 06:30 then prayed to God, "O Lord! Kindly connect me to the spirit of my grandmother; I have a great desire to meet her." Then I started meditation. During meditation, I experienced the same earlier kind of activity, the neck bent backward and got stuck with the back, then the tunnel was seen and after that, I came out of meditation. Now I meditated for around one and a half hours in this session. I was feeling fatigued as well, so I lay down. I did not find anything about my grandmother, but I was not frustrated. I had great faith in myself that one day I will definitely succeed. When I used to sit in meditation, then I used to pray to God, "God, please connect me to my grandmother."

After three to four days, I had a meditative vision during meditation. Due to this vision, I felt sad inside. The reason for the grief was that the condition of my grandmother was very pathetic. I feel ashamed to write this, but still, I am writing briefly to tell the spiritual seekers, my grandmother was sitting on a pile of garbage; she was very sad. The bad odour was coming from the heap of that filth, and she was in a bad situation due to the foul smell. I was feeling pity for her. I said, *Amma*, (I

used to call her *Amma*) why are you sitting on this mess, there is such a foul smell here, let's move to a good place. First, she looked at me with a deep gaze then she did not say anything. I asked my grandmother again, "Let's get up from here." As soon as I said this, she got a bit angry; she said in loud words, "You have come here to change my location but this is my place, where will you take me?" I was a bit surprised hearing her words and thought, why is *Amma* saying this; I did not understand. She again said, "Run away from here; get out of here." She lied down there after saying so. It was difficult for me to stand there but she was lying in comfort, and she was not having any problems. There were dirty clothes on her body while she used to wear very clean clothes in her life. I understood that what I say will not affect her; my experience ended.

Readers! I have written this experience so that you can learn that a person has to face the consequences of his or her previous *karma* at some point in time. In her whole life, my grandmother used to worship very much, she was very calm, yet after her death, she was in such a bad situation because of the *karmas* of her previous births.

Now I used to keep quiet and sad because of my grandmother; I was not able to forget this experience. I started thinking, why did I fall into this dilemma with my grandmother, when I meet *Shri Mataji*, I will pray to her to liberate my grandmother from *vasana-deh* (desirous body). After a few days, my grandmother appeared in my dream and told me, "The family members have not even done the required rituals on thirteenth day of my death, it would have been better if few Brahmins were invited and served meals. When I was dying, then I had a great desire to see my grandson and my youngest girl, but the family members did not hear me." I said, "*Amma*, leave all these things, now these things have no significance because the time has passed; now it will not come back. I am going to meet *Shri Mataji* in a few

days, and I will pray for your liberation.” Then she said, "You do not need to pray to anyone for me.” She went away after saying this. Similarly, two-three times, my grandmother revisited me in the dream and during meditation, but now she was looking a little better than before. Grandma told me, "When I come to you, I feel good. I will not visit anyone at home.” After a few days, I got to know that all the things told by Grandma were true. Then I said all these things to my family that after death, she got *vasana-deh*, and at that time, she used to think about that boy (Kuldeep). After some time, she got free from *vasana-deh*.

I have already written that in *Shri Mataji*'s letter, it was written that I could come to Miraj, and even the addresses of two spiritual seekers of Delhi were given. When I went to one of those spiritual seekers based on that address, he told me a lot of things about *Shri Mataji*, and also showed me an album of photos. I was surprised because of many photos were of *Shri Mataji*. Now I started to remember my previous experiences; at that time, I did not say anything to that spiritual seeker. I had a conversation with that spiritual seeker for almost an hour then I returned. When I was returning, I was very happy on the way. The reason for my happiness was that I could not identify *Shri Mataji* before due to ignorance. The image of *Shri Mataji* in my mind was of a slim woman because, in a picture of her book, she was a lean woman with *Swami Sivananda ji*, but at present, her body had become a bit heavier. Seeing these pictures, it was clear that I had seen *Shri Mataji* many times. At that time, I had not recognized her. I had seen a woman (*Shri Mataji*) roaming on the snowy mountains. The appearance of *Shri Mataji* walking around the mountains was exactly similar to her present physical body. It meant that I had the meditative vision of *Shri Mataji* frequently, but I had not recognized her.

The Year 1985

Meeting with *Shri Mataji* in Miraj

I received the letter from *Shri Mataji* in the last days of January 1984 which stated, "You can come here (Miraj) on 15th February 1985. On February 17th there is *Mahashivaratri*; on this occasion, we chant *mantras* here. You can also participate in that which will give you spiritual benefits. Take Jhelum Express from Delhi to Pune, and then take another train from Pune to Miraj." I had already made reservations for Feb 13th so that I would not have to face any trouble while traveling. I left for Pune on 13th February in Jhelum Express. At night, I was sleeping on my seat when I suddenly saw my grandmother in the dream. She came to me and said, "Are you such a great fellow that you will give me liberation, you will tell *Shri Mataji* for my emancipation, do you consider yourself a great spiritual seeker?" I said, "*Shri Mataji* will liberate you; I was not saying for myself." She was looking at me with anger. Then she said, "I know very well how much liberation I will get." In a few moments, she disappeared, my eyes opened, it was 4 A.M. All the passengers were sleeping on their seats. I was also turning around in my seat. Then in the afternoon, I reached Pune, changed the train from Pune to Miraj, and reached Miraj in the morning on the third day. From the railway station, I took an auto-rickshaw for *Shri Mataji*'s house. In about 10 minutes, I reached her home. The auto-rickshaw driver called in front of *Shri Mataji*'s house, he called *Shri Mataji* in the Marathi language, but there was a voice that responded in the Hindi language from inside, "The door is open, Come inside!" I did not enter even after hearing the voice; I kept standing outside for a few moments. Then *Shri Mataji* came and opened the door herself and told me, "Come in." I entered the house of *Shri Mataji*; first I

touched her feet, then *Shri Mataji* took me to the room, *Shri Mataji* was very happy and smiling a little. I was pleased to see her; she pointed me to sit. I sat on a mat on the floor. *Shri Mataji* sat down on a chair at a little distance from me. Then she spoke to me, "As soon as I heard a voice at the door; I had understood that you have come whereas the voice was in Marathi language but I replied in Hindi, "The door is open, come in" but when you did not come, I had to open the door."

Then *Shri Mataji* said, "You have come from afar, you must be tired, wash your hands, in the meantime, I will make tea." I said, "I will wash my hands and face, but *Shri Mataji*, I do not drink tea, so please do not make tea for me." *Shri Mataji* said, "You do not drink tea in spite of living in a city, it is good, then you may take a little milk." I was ashamed of myself. I have come to meet her, and now she will make tea for me, she is also older than me. *Shri Mataji* went to the kitchen, and I went to wash my hands in the bathroom. After a while, I returned after washing my hands, and finally, *Shri Mataji* did not listen to me and gave me some milk to drink. I was feeling so great at the time which I could not describe. For a while, *Shri Mataji* and I kept talking to each other, then *Shri Mataji* said, "You take a bath, then we will sit for meditation, because someone or the other keeps coming, you will not find seclusion here." I went for a bath. *Shri Mataji* asked me, "Do you take a bath with warm water, should I heat water for you?" I felt very embarrassed to hear the words. I hastily answered, "No, no *Shri Mataji*! You do not heat the water for me; I will do my own work; you simply explain it to me. *Shri Mataji*, I do not take a bath with warm water; I always take a bath with cold water." *Shri Mataji* said, "It's ok; you can take a bath with cold water, then at nine o'clock we will meditate." I said, "Yes, *Shri Mataji*."

You and I Will Become One

I was sitting in the meditation hall in the house of *Shri Mataji*. *Shri Mataji* came in a little while and said, "Let's sit for meditation for a while because after some time somebody is visiting." To sit for meditation, *Shri Mataji* gave me a sheet; I sat after spreading it on a mat. *Shri Mataji* sat in front of me at a little distance. Both of us were seated face-to-face a little away from each other. *Shri Mataji* said, "This thing should not be said, but I am going to tell you, I do not have a habit of telling the incident before happening. There will be no difference between you and me, we will become one, and you will attain a higher state in *sadhana*." I was surprised to hear these words from *Shri Mataji*. I started to look at *Shri Mataji*'s face. Then I said, "*Shri Mataji*, I have not understood the meaning of your saying that there will be no difference between you and me; we will become one." After this, *Shri Mataji* did not respond. Then *Shri Mataji* said, "Let us meditate, we will chant *Om* three times, then we will meditate." *Shri Mataji* chanted *Om* and suddenly, my neck bent backward with a shock, I too bent backward and I entered into meditation. The duration of meditation was half an hour because *Shri Mataji* had chanted *Om* again. Along with sound of *Om*, I sat upright, during meditation, my body was tilted backward. Now my neck was straight automatically. Previously, I had to use both hands to straighten the neck. I opened my eyes. *Shri Mataji* was watching me then she said, "There are some errors in your way of sitting." Then she explained to me the proper way to sit while meditating, let the thoughts which are occurring naturally come to you because it is the impurity inside you."

Shri Mataji got up and went inside, and I kept sitting alone. Now I was afraid because *Shri Mataji* had told me, "Let the thoughts come to you naturally and do not panic." I thought that I was caught red-handed because during meditation,

sometimes I got dirty thoughts. These thoughts were such that I had never had them before. Why did such thoughts come? No matter how much I tried, but they did not stop. I started to think about what *Shri Mataji* will think about my bad thoughts? I started to feel embarrassed. How much *Shri Mataji* loved me, even though I and she had no blood relation yet she loved me like a mother. In a while, she gave me snacks. I had snacks and then sat alone for an hour. *Shri Mataji* said to me, "You must be bored sitting here. There are people here who know Hindi, but very few. I will introduce you to Hindi speakers so that you can talk to them." After an hour, a gentleman came to *Shri Mataji*; she kept talking to him in the Marathi language, what were they talking about, I cannot say because at that time I was not familiar with the Marathi language. Then *Shri Mataji* introduced me to this gentleman; she said, "Anand Kumar Ji, this is Mr. *Kulkarni*, you can talk to him. He works in the electricity department." Then Mr. *Kulkarni* and I started talking in Hindi. After some time, *Kulkarni ji* said, "Let's go to the market so that you do not get bored." I was not in the mood to go to the market because I was tired after a two days long trip. I could not say no to him so I started for the market with him. We started talking; he said, "You have come from such a distance; you should take spiritual initiation from *Shri Mataji* on *Mahashivratri*. We will have to buy a few things for spiritual initiation, I will come again tomorrow then I will help you buy stuff." I did not like what I heard; I thought, "What does he have to do with my spiritual initiation? Without taking my opinion, why was he forcing me to take spiritual initiation." I do not know why I felt angry. I started thinking, "Has this gentleman brought me to the market to walk around or for pressuring me to do something? This is my personal matter, I have come to see *Shri Mataji* in Miraj, I have not come to become a disciple of *Shri Mataji*." That is what I decided. For some time, I kept quiet, walking around with him, and then came back to *Shri Mataji*'s house. While walking back, *Kulkarni ji* again told me, "I will come back tomorrow, you should be ready, and we will buy

some things for your spiritual initiation." After hearing his words, I felt bad again, what trouble did he have with me, why was he repeatedly forcing me to take spiritual initiation.

I was sitting quietly in the room; in a while, *Shri Mataji* came to me. I told *Shri Mataji*, "*Shri Mataji*, *Kulkarni ji* was asking me to take spiritual initiation, but I don't want to. First of all, you should understand me well because I do not want to become your disciple until I have the ability to become a good disciple so that a great person does not get defamed because of me. I have seen many such disciples, their *gurus* are qualified but due to the conduct of the disciple, the *guru* has to face defame. I do not see enough qualities in me that I should be your disciple." *Shri Mataji* was listening carefully to my words, but she did not say anything. Then after a while, she said, "I am giving you a separate room, you stay in it. This room is used for meditation; some more spiritual seekers will come here tomorrow."

The house of *Shri Mataji* was very big at that time; some tenants also lived there. *Shri Mataji* had taken me to the room and said, "You are staying in this room" then she also sat with me for some time, she gave me many teachings about *sadhana* and also explained the way to do *pranayama*. Then *Shri Mataji* left the room. Now I remembered chat with Mr. *Kulkarni*. I thought, this person is forcing me to take spiritual initiation, *Shri Mataji* is also not speaking anything. I thought, no matter how much material purchased will cost when I have come so far, then I should not worry about a little bit of expenditure." In the evening, I meditated along with *Shri Mataji*, then both of us kept talking till late, and at midnight, I came back and slept in the room. I had to meditate at 5 o'clock, so I woke up at 4 o'clock. But I was kept lying on the bed because I was a little hesitant due to the place being unfamiliar. At about 4:45 am, I heard a girl's voice, "Anand Kumar." I said, "Yes," the girl said, "*Shri Mataji* is calling to meditate." I said, "I'm coming in a while." The girl went

after saying so. She was a disciple of *Shri Mataji* who had sent this girl to call me. I started to have a bath so I took a little longer time. When I reached in the meditation room, then all the spiritual seekers were sitting for meditation. *Shri Mataji* spoke softly, "Come, sit down before me." A pallet was laid in front of *Shri Mataji*, where I sat. When I sat, I immediately reached into deep meditation which went on for around one hour and 15 minutes. When I opened my eyes, all the spiritual seekers had gone from the meditation room.

Kulkarni ji came around 10:00 A.M; I was waiting for him. Then I went to market with him, bought a few things from the market for spiritual initiation. If I tell you the truth, this stuff was bought without any interest, I had no interest in taking spiritual initiation. At 6.30 PM I went to the meditation room and it was completely filled, some girls were sitting near *Shri Mataji* so I sat down to meditate in the last row, I meditated for half an hour, then my eyes were opened because *Shri Mataji* had spoken *Om*; hence the meditation was over. After finishing the meditation, *Shri Mataji* said, "Anand Kumar, please come here." I went to *Shri Mataji*; she indicated to sit before her. I sat on the floor. *Shri Mataji* was seated on a chair. She said, "Yesterday you were telling me an experience of yours and you had asked the meaning of that. The meaning is this, "When the spiritual seeker's *prana* reaches the throat chakra, the path ahead is blocked, then *prana* creates pressure from below, due to this pressure the spiritual seeker's neck goes backward. If the spiritual seeker's *sadhana* is getting intense, then his head starts sticking to the back, then the spiritual seeker feels discomfort." Secondly, "You had also said that you enter a cave that is found closed on going forward. A cave-like structure is situated near the throat chakra; it is also called "*Bhramar* cave." I have described this cave a bit in my book; this *Bhramar* cave is what you see. Your *prana* tries to move forward in the throat chakra, but the path ahead is closed. To go further, the spiritual seeker has to do a

lot of rigorous *sadhana* and after several years of practice, the path forward is opened.” When *Shri Mataji* explained the meaning of my meditative vision, I sat down at my place. *Shri Mataji* introduced me to all the other spiritual seekers, “This spiritual seeker has come from Delhi; his name is Anand Kumar.”

I Got Spiritual Initiation

17th February 1985, it was the auspicious day of *Shivratri*. From the morning onwards, many spiritual seekers, some of which came from distant cities, were gathering at *Shri Mataji*'s place. I was already introduced to many spiritual seekers since morning, the chanting of the *Mrityunjaya mantra* had started collectively. The *mantra* was supposed to be chanted continuously for 12 hours. Today, at 9 AM, I was supposed to get spiritual initiation. At the time of spiritual initiation, some spiritual seekers and I went to the room upstairs in *Shri Mataji*'s house, which was very peaceful and quiet. The program of spiritual initiation had started; I had to get spiritual initiation after two female seekers. First, one had to worship the feet of *Shri Mataji*. Before me, two spiritual seekers had worshiped the feet of *Shri Mataji*, while worshipping, I was observing the method of worship because after some time, I also had to do the same. I had never worshipped anybody before this. This was my first opportunity when I would worship *Shri Mataji*. After some time, I started worshipping the feet of *Shri Mataji*, a spiritual seeker from Pune was guiding about the way the worship was to be performed. When I completed the worship, *Shri Mataji* went to give spiritual initiation to those two spiritual seekers in the second room. At the time, I did not know how to get spiritual initiation. Then *Shri Mataji* called me inside the room. I stood near *Shri Mataji*. She was sitting on her mat which

was spread on the floor. There was another mat in front of her. She indicated to me to sit there which I did. Then *Shri Mataji* said to me, "You worship Lord *Shiv* and also chant the *mantra* of Lord *Shiv* so I will give you spiritual initiation of the same *mantra*." Then she told me how the *mantra* is to be pronounced and said, "You have to close your eyes for a while, I will apply *shaktipat* to you." At that time, I did not understand the meaning of *shaktipat*. I closed my eyes. *Shri Mataji* touched the thumb of her right hand on my forehead then she strongly chanted *Om*. As soon as she said *Om*, I felt that her thumb was heating up and the warmth is reaching into my subtle nerves. *Shri Mataji* chanted *Om* once again and it started to cause me a little discomfort because it felt like several ants were biting me inside my body, but right then, I found myself in deep meditation. The meditation took about an hour. When my eyes opened, I saw, *Shri Mataji* was not inside the room. I got up and went to the room outside, *Shri Mataji* was waiting for me there. She said, "You were in meditation, so I came out. Now I have to give spiritual initiation to another spiritual seeker". I greeted her, put my head on her feet and thought, "*Shri Mataji*, if you are pleased with me, bless me so that my *sadhana* becomes sharper and I will become a good spiritual seeker." When I was thinking this, *Shri Mataji* patted my back and said, "Anand Kumar, you will be joyful. Your name is Anand, and in the future, you will be blissful according to your name, it is my blessing to you." After saying this, *Shri Mataji* went inside the room to give spiritual initiation to another spiritual seeker. When she was patting my back, it seemed as if my back was being hit; it started getting warmer. Now I started thinking, the touch of the hand of *Shri Mataji* seems strange, why so? I did not know this. When *Shri Mataji* chanted *Om* while giving spiritual initiation, it felt very strange. I was thinking that whatever power comes out through *Shri Mataji*, makes me feel this way. I was pleased; now, I did not have the same feeling as before that spiritual initiation was being given to me forcefully.

The chanting of *Mrityunjaya mantra* was stopped at 6 PM. All the spiritual seekers were talking to each other, but I could not understand anything. On the other side, *Anna ji* (*Shri Mataji*'s husband) was talking to someone sitting next to me. The whole conversation was going on in Marathi. Then in a few words in Hindi, *Anna ji* said, "This boy has come from Delhi. He is a good spiritual seeker, that is why *Shri Mataji* has given spiritual initiation to him. There will be a little more pressure on him, which will make his *sadhana* better". I was surprised by hearing this from *Anna ji*. Now I came to understand why she had given me spiritual initiation. My doubt related to this completely disappeared. I was happy because all this was done by *Shri Mataji* to advance my *sadhana*. There had been a lot of spiritual seekers in the evening today, all the spiritual seekers and *Shri Mataji* kept talking till late at night. *Shri Mataji* had to speak both Hindi and Marathi; she was speaking Hindi because of me. In the night at 12:30, I went to sleep in my room.

Vision of The Bright *Shiv-ling*

I was not able to sleep when I came back. I kept thinking about *Shri Mataji*, how much she cares about me, how loving and great she is, I slept while thinking about all this. I had a wonderful experience in the dream; it was like this, I was lying on my stomach somewhere, I lifted my face slightly upward in *Bhujangasana* (cobra posture) pose, then I saw- At a distance of one foot in front of me, there was a very beautiful *Shiv-ling*, it seemed like it was emerging from the ground. *Shiv-ling* was very large, and blue light was coming out from that. The light was spreading all around because of which the whole place was enlightened. *Shiv-ling* was looking so good at that time, and I wished that I could hold it in my own hands. While lying on

my stomach, I moved both my hands forward and tried to catch that *Shiv-ling*, but I could not do so. I wondered why it was not coming in my grip and I felt my hands were going through it. It felt like the *Shiv-ling* was made up of blue light. I looked carefully, the nature of the *Shiv-ling* was absolutely clear and clean, I again tried to hold it with my own hands but I was not able to. It was stable at its place. When I could not hold it even after trying two or three times, I thought— What kind of *Shiv-ling* was this? Around the same time, I saw somebody's feet next to the *Shiv-ling*. I was looking at the feet carefully and thinking whose feet were those? At that time, I raised my gaze upwards, it seemed as if someone was standing there, I was startled because in front of me was *Shri Mataji*. I said, "*Shri Mataji*, it's you!" *Shri Mataji*'s face was shining brightly with an aura but she did not reply. I got up and sat down. Then I saw, *Shiv-ling* was right there and *Shri Mataji* was also there. After a few moments, both *Shiv-ling* and *Shri Mataji* disappeared. At that moment, my eyes opened.

I saw the clock and it was 4:30 in the morning, and I could not sleep further. I was thinking about the vision. Why was *Shiv-ling* not coming into my grip and *Shri Mataji* was standing right there? In a while, a voice came from outside the room, "Anand Kumar, *Shri Mataji* is calling you to meditate." I said, "I will be there shortly." I got ready and reached the *sadhana* room just before five o'clock; I sat down to meditate in front of *Shri Mataji*. After meditation, I did not get the opportunity to ask the meaning of this vision. I was sitting in front of *Shri Mataji* at 11 AM. At that time, there was no spiritual seeker around; then I told her my experience. After hearing my experience, *Shri Mataji* was very pleased. She explained; how could you hold the *Shiv-ling*? It was not made of stone but the light. Its form was that of *Kaaran-Awastha (causal state)* which means it was related to the causal world. How can you catch it with the subtle body? "My real nature is

what you have seen. You have seen the *Guru-Tattva* (essence of guru element) in this form; that is why you saw me standing next to the *Shiv-ling*".

Shri Mataji again told me, "Anand Kumar, this experience is very good, you have seen my real nature, very few spiritual seekers had such experience, you are lucky." I was very happy to hear such words from *Shri Mataji*. Later, *Shri Mataji* shared this experience with some other spiritual seekers. Afterward, some spiritual seekers asked me, "You get very good meditative visions; we do not get to such visions. You have enormous blessings of *Shri Mataji*." I said, "I have had many meditative visions from the beginning when I was not even introduced to *Shri Mataji*. My correspondence with her started a little later." Then a female spiritual seeker asked, "I have been doing *sadhana* for the last two years, but I did not have a single experience." I said, "Tell *Shri Mataji* about this issue; she will definitely guide you why you do not have these experiences." She said, "*Shri Mataji* had told me that some spiritual seekers do get visions while others do not."

The crowd of the *Shivratri* festival now started to diminish; all the spiritual seekers slowly went back to their homes. Now only the spiritual seekers from Miraj used to visit *Shri Mataji*. I was at *Shri Mataji*'s place for four to five days. I did not even realize how these days had passed. Here *yoga* was the only subject for discussion, I was feeling very happy, but I had to come back home even though I did not have desire for same. I took permission from *Shri Mataji*, she allowed me to return to Delhi, and said, "you can go back to Delhi and try to do more *sadhana*, if you practice, your *sadhana* will surely move forward. Yes, keep doing correspondence with me. If there is anything related to meditation, then write to me, I will solve your problem and write it." I assured her that I would do intense *sadhana*. I took permission from *Shri Mataji* on 20th February at 9:00 PM and walked away from her house.

When I left *Shri Mataji's* house, I was very happy. As soon as I reached the Miraj railway station, my happiness decreased, and my mind became a bit sad. I was missing *Shri Mataji*. While returning, I came to Kanpur via Mumbai VT. When I came home, everyone was surprised that I have started doing *sadhana*. I told them about this at my home but no one was interested in this subject. The reason for this was that I was not on good terms with anyone in the family. Now through meditation, sometimes I got to know a little bit about others, I told this to my family members too.

I used to meditate even at home, and around the same time, an incident occurred in our house. My two younger brothers fought with each other while working on the farm. The elder one came back home, but the younger brother did not return. We searched for him but could not find him anywhere. That night he disappeared from the farms. Everyone at home was getting worried. Then the brahmins were asked about this; they said, "He has gone in the south direction." But no information was found anywhere about him. Then my mother told me, "Try to get information through meditation; maybe you will get to know something." I said, "I cannot say for sure, but I will definitely try and tomorrow morning, I will tell you." I tried to know about this incident during meditation through *Sankalpa* (resolve), but I did not get any information. But then I got to know everything in the dream. I told my family, "Brahmins had said that the brother has gone towards the south direction but it's wrong because he had not gone towards the south but had gone towards the north direction. He has crossed the river." The river flows on the north side of our village. I saw, the banks of the river were not looking like the side of our village that he had crossed the river far away from our village. While crossing, I saw something surprising that my brother was swimming in the river with one hand and his *lungi* (a piece of cloth used as wrapping around the waist) was in his other

hand. In that *lungi*, there was something substantial wrapped in it. He had crossed the river probably two times. Now, he was trying to find a job.

My family members did not like some of the things I said. They said, "Why would he swim in the river because the water level in the river is very low nowadays, the river can be crossed without swimming. Secondly, why would he cross the river twice? What can be a heavy item in that packet? At that time, the brother had only two-three pieces of clothes on his body." I did not have any answers to all these questions. For a few days, no information related to my brother was found. A day later, we got to know that 25 kilometres from our village he met a milkman at a railway station. Then I came back to Delhi because my holidays had ended. After a few days, I got to know through a letter that my brother was in Agra. All the things I had told were true. Now, in brief, the incident had happened this way, after fighting with the brother, he decided not to return home. At that time, he was very hungry. He dug potatoes from another farm, roasted those and ate them, bundled the remaining potatoes in his *lungi*, and headed towards the north direction. He had crossed the river near the other village where he had to swim because the river was pretty deep there. Then he walked around on foot to reach the railway station, 25 KM away, where he met a milkman and talked to him. When my brother realized that the milkman knew some of the people of my village, then silently, he took a train to Delhi. After reaching Delhi, he could not get out of the station because he was without a ticket, so he took the train to Agra. That's where he started looking for a job.

My reason for writing this vision is just that it was only from the last 5-6 months that I started *sadhana*, and I started receiving such information so early. Most practitioners are not even able to meditate after 5-6 months of practice. But from the beginning, I started getting information about others. The reason for this

was- I have been continuing to practice *yoga* from my past lives, because of which I got the information. It was not certain that whenever I would like to know something, it will be available to me, but I came to know these automatically. Sometimes the incidents of our country and abroad were already known. Sometimes it happened that I would see the events of the country or foreign events in a dream. Sometimes, some incidents were previously known. That's why my curiosity towards meditation had increased even more.

Nowadays, I started meditating intensely. Whenever I got free time, I used to sit to meditate. Now I began to feel some changes during my meditation. Earlier, my neck used to bend backward during meditation because of which my body also bent backward. But after my visit to Miraj (Maharashtra) when I returned to Delhi, my neck was bending very slightly and only a few times. I used to sit straight during meditation, I used to think, maybe my *sadhana* has started to weaken, so I started practicing more than before. Now I got worried, what has happened, maybe I have made some mistake. After thinking this way, a few days later, I wrote a letter to *Shri Mataji*, writing all the details in it. The answer to my letter came in a month. *Shri Mataji* had written, " I stopped your neck from going back because it was giving you discomfort. It should not mean that your *sadhana* is reduced. Your *sadhana* is same as before. Only discomfort has been reduced". My concern went away after reading the letter; I started doing intense practice.

Change Your Sentiments

Dear readers! I am writing this experience for knowledge-sake, such experiences happen due to *vrittis* (mental ripples) existing in the *chitta* of the spiritual seeker. Such *vrittis* have existed in the *chitta* from various previous births. I had a meditative vision, I am standing, a pretty girl is lying on the bed in front of me; there is not a single garment on her body; she is completely naked. Her body is beautiful like marble and the girl is looking at me. I started observing her, her face was very beautiful and her body was shapely. I had never seen such a beautiful girl before. I felt attracted towards her; the only wrong desire was that, she is a very beautiful girl. I cannot describe her beauty in words. I became attracted to her, went to her. She held my hands and then pulled me towards her. I kept getting pulled towards her and leaned over her body. A special type of aroma was coming out of her body and the aroma entered inside my body. Then, I started touching her body with my lips. I liked the touch of her body; she embraced me. The touch of her body seemed very good. There was something special about her. By touching her body, I felt that she is not a normal girl but she is a special kind of girl because her body was fragrant. For some time, I kept embracing her body; then, I didn't like her expressions. She was smiling a little, then suddenly I felt like someone was standing in front of us. I looked at that side, *Shri Mataji* was standing in front of me, looking towards me. I was stunned. *Shri Mataji* was looking at me, her eyes were sharp and there was an aura around her body. It didn't seem like *Shri Mataji* was looking with anger but it seemed as though she was watching me intently. I felt like I was in a very bad situation at that time. I said to that girl, "Look, *Shri Mataji* is standing in front of us, you face the other side. I tried to turn towards the opposite side due to fear but the girl pulled me to her side with both of her hands. I understood the girl is

strong. I told the girl in anger, "Aren't you scared of *Shri Mataji*?" The girl smiled softly and replied, "No." I was amazed by the bold answer of the girl. I said to the girl in a prayerful tone, "Please forgive me." The girl changed her expressions as soon as she heard my words, the smile disappeared from her face and her eyes became completely normal. She left me and I turned to face the opposite side. I was wondering whether *Shri Mataji* is standing right here or has gone. I turned towards *Shri Mataji* and she was not there, yet I was afraid that *Shri Mataji* had seen me. My eyes were looking towards the bottom of the floor; then, I saw a woman was also lying on the floor but she was not naked as the first woman. I got off the bed and as soon as I went ahead to touch the woman, I heard a voice, "Anand Kumar, change your sentiments, why are you thinking about touching her, you have a lot of impurities within your mouth, try to be pure." I was very sad to hear these words. I saw in my mouth which was really messy at that time. Then I saw that girl, she disappeared in front of me and my vision ended.

Meaning: Spiritual seekers! I must say that in this vision, I had seen two girls. They could not belong to the earth because this kind of beauty is not there on the Earth. Spiritual seekers, you must be thinking, Is Anand Kumar that kind of person the way he was acting in this experience. But the truth is my character is absolutely pure from inside. The experience was due to *chitta-vrittis* of previous births. I have been practicing *yoga* for many past lives. *Yogis* have such *vrittis* in *chitta* due to many previous births then they surface at the proper time by practicing *yoga*. In this experience, I saw *Shri Mataji*; in fact, it is a *guru-tattva*. When the *guru* uses *shaktipat* during spiritual initiation, that power (*guru-tattva*) gets occupied in the small cells of the subtle body of the spiritual seeker. That power guides the spiritual seeker at the right time. Due to purity, I had seen this power, i.e., *Shri Mataji*, so that I do not move forward towards that woman. And that happened, due to *Shri Mataji*,

I got rid of that woman. Heavenly voice alerted me about the other woman. You may not have liked reading this experience; I apologize for this but being a spiritual seeker, I have written this so that other spiritual seekers can learn from this experience. This experience changed my life because it helped me progress further in my *sadhana* and personal life.

Bitten by A Cobra

Nowadays, my meditation was very deep, but sometimes I used to get visions during meditation. Once I saw a serpent in my meditative state. At some distance, the snake was looking at me, but I was not afraid. One day I was late for meditation for some reason, and my mind was restless to meditate. When I sat in meditation, my *prana* started to rise. I went into the depth of meditation and had no sense of my own self. At the same time, I had a vision, there is a lush green area with trees and plants. I liked the scene. I stood under a tree and sat down to meditate on the platform which was built around a tree. Suddenly, I saw a cobra in front of me. It was standing there lifting its hood. I was overseeing him; I was not afraid of that serpent but I was smiling. It was also looking at me in a steady posture. Suddenly it bit the right big toe of my foot. I jumped and got up after the snakebite. Just as I stood up in the vision, I stood up in the physical state as well. The meditative vision ended.

Meaning: at that time, I had a little fear due to vision, but the lights of the room were on. I laid down on the bed quietly and thought, what does the snake bite mean? During meditation, those spiritual seekers whose *sadhana* is good often see snakes. Spiritual seekers must have seen, Snake appears in dream and meditation; he may be hissing, chases after the spiritual seeker, etc. but spiritual seekers do not

experience the snake biting. If the snake bites the spiritual seeker during meditation, then it is very auspicious. According to his condition, it has any of these meanings. The first- Such spiritual seeker will undoubtedly succeed in the future; that is, his *sadhana* will be good. Second, the person will be able to sit on the *guru-pada* which means the ability to guide others. Third, the person will be glorious. Fourth, *Moksha* (liberation) will surely be achieved by him. I understood that in the future, my *sadhana* would undoubtedly be good.

The Vision of Mother *Kundalini-Shakti*

During meditation I saw- there was greenery all around, I was moving towards a green forest. Then, at a distance, I saw a hut made of grass, it was beautiful. I went and stood on its door, and in a few moments, it seemed that there was probably no one in the hut, I wished to go inside this hut and see. I had this curiosity because there was no one around. Then who had built such a beautiful hut here? I entered the hut; it was completely clean inside as if somebody cleaned it every day. There was nothing in the cottage. It was absolutely empty, but right at that moment, I saw a picture on the wall in front of me. I was surprised to see that picture because this was the same picture, I used to worship every day. This picture was of Lord *Shankar*, though in the market, there are many types of pictures of Lord *Shankar* but this one was special. This can only be understood by a spiritual seeker. As soon as I saw this photo inside the hut, my eyes stopped on it. After this, the photo became absolutely alive. I thought, how did this picture get alive, Lord *Shankar* was looking at me in a special kind of posture, started to smile a little more. I said, 'Lord. You!' Then my happiness suddenly disappeared. The reason for this was that the golden snake

wrapped around his neck also became alive. Snake started to unwrap itself from his neck coming out of the photo. I thought, it would be good if I would run away but at the same time, the snake got out from around the neck of Lord *Shankar* and stood at the door of the hut. There was no other way to get out of the hut and I was certain in my mind that now this snake will definitely bite me. I looked towards the photo for a moment. In the photo, Lord *Shankar* was smiling with the same expressions. It was a great surprise that Lord *Shankar* had no snake around the neck; the snake was on the door and was loudly hissing. The snake was sitting steady at his place and was watching me. I understood, Now, my death is certain, so I should jump and go out. I stood in my place and made a jump over the serpent. It moved upwards and bit my right toe. Due to the fear, I fell there but there was no injury to my body on falling. I felt like I dropped on a sponge mattress. I got up and sat, holding the toes with my hands; there was no pain. The snake entered inside the photo, as it was before around Lord *Shankar's* neck. I stood a little away from the hut. I thought, A snake has bitten me. Now I will die, my *sadhana* has not been fulfilled, now I have to die before my time. I was thinking this way when I saw a woman standing in front of me; she was beside me. She was wearing a red *sari* (traditional dress for women in India) and was very beautiful. Her face was shining due to her aura and light was emerging from her body. She had a small crown on her head, her eyes were big and very bright and she was smiling. For a moment, I kept looking at her beauty when she raised her right hand upwards in the form of blessing. As soon as she raised her hand, another body came out of my body just like mine. Now I had two bodies; the nature of both bodies was the same. The woman caught the right hand of the other body that came out of my body with her left and she took away the other body. Now I started feeling my second body which she was taking away. The woman told me, "Why do you think that you will die, you will not die. Your *sadhana* will be fulfilled." After saying this, the woman caught hold of my hand and started moving

towards the sky. Now I was going forward in the sky along with that woman. At that time, it seemed as if a mother was holding her son's hand taking him forward. After a few moments, my experience also ended. As soon as my eyes opened, I saw, the photo was placed in front of me, which I had seen inside the hut. I used to worship this photo every day.

Meaning: The hut seen in the experience is the form of my *chitta*. The snake and the photo situated in the hut were made alive, when a physical object appears to be alive and visible, then it should be understood that it is related to the subtle world, and the activity too. That is, its internal development has started. The snake bit me- That snake was the form of *Kundalini*. The woman wearing the red *sari*, was mother *Kundalini* herself. The second body appeared from my body- It is my subtle body. Then the woman started to rise towards the sky with my subtle body. It means, When the *Kundalini* has started taking my subtle body, in the beginning, it denotes that in the future, I will achieve a high state in *sadhana*. The carrying of my subtle body by *Kundalini* means, *Kundalini* will surely unite me with the ultimate father (God) in the future because the *Kundalini-shakti* is my mother. The mother can introduce me to the Father (God). After this vision, I was very happy.

Occurrence of *Uddiyana Bandha* and *Mula Bandha*

Nowadays, I used to do deep and intense meditation, and to increase the duration of the meditation, I used to meditate from 10:30 to 12 P.M. even though *Shri Mataji* told me not to meditate after 11 P.M. But I started meditation at night to

increase the duration. Now I had started a different activity during meditation and started worrying as well because of not understanding the meaning of this activity. When meditating, my stomach wall used to go in and stick backward towards my spine. Sometimes the stomach stuck so firmly; it seemed that it would not come back to the original condition. With this, my anus also narrowed and pulled upwards. I did not understand the meaning of these two things. I got confused because of it and started thinking whether this activity is right or wrong. After a few days, I got to know about this activity and I was very happy that my *sadhana* was getting advanced.

Meaning: sticking of the stomach to the back is called *Uddiyana Bandha* (abdominal lock). Narrowing and pulling of anal orifice upwards is called *Mula Bandha* (root lock). With the effect of these two locks, *prana-vayu* tries to enter in *Sushumna* nerve.

Mahayoga Mudra

Now, a few days later, another activity started to take place. When I used to sit in meditation, my body used to bend forward, and my head would touch the ground. Then I would start breathing heavily, with very fast inhalation and exhalation, like a snake hissing. I felt clear that I was breathing fast, but I could not stop it. After some time, my head would start pressing the ground. Sometimes my head touched the knee of my right leg, then after a few moments, my head went down slowly and touched the left knee and then it touched the ground; this sequence kept going on frequently. During this action, my breathing used to become very fast, and I felt that *prana* was putting pressure on root chakra.

Meaning: When *Uddiyana* and *Mula Bandha* apply to a spiritual seeker strongly, and the same activity continues for a long time, then the spiritual seeker should understand that the *Kundalini* has opened eyes. Opening eyes does not mean that the spiritual seeker's *Kundalini* has started to rise. *Kundalini* opening its eyes can be called as *Kundalini* becoming awakened. But in common words, the awakening and rising of *Kundalini* are used as similar terms. However, the awakening and rising of *Kundalini* are both different stages. I have seen some spiritual seekers who deliberately try to apply *Uddiyana Bandha*, *Mula Bandha*, and *Jalandhara Bandha* (chin lock) so that their *Kundalini* can wake up. Automatic forceful inhalation and exhalation (which is called *Bhastrika pranayama*) happen due to the *Kundalini* because the spiritual seeker's body is not pure. Due to *Bhastrika*, the subtle nerves located in the subtle body start purifying.

During meditation, my body bents forward, and the head touched the ground. My head touched the knee of the right leg and then touched the knee of the left leg. It is called *Mahayoga Mudra* in yogic language. At this time, the spiritual seeker has a little discomfort physically because it involves stretching, and the *prana-vayu* starts pushing on root chakra. These jerks on root chakra helps the *Kundalini* move upward or attempts to be upright. Sometimes *Kundalini* attempts to wake in this action. Those spiritual seekers who do not achieve *Mahayoga mudra* naturally may try to achieve this posture voluntarily. This will help them to increase their practice. Some guides or *gurus* say that during meditation bowing forward and touching the head on the floor is not good. But I do not agree. I recommend to the spiritual seeker to practice this great *yoga* posture; it is my own experience.

Now my mind was engaged in the thoughts of God, and there was a strong desire to attain God. I used to remember *Shri Mataji* very much as I liked her very much. I used to think, *Shri Mataji* should be my *guru* in every birth, I should become

her disciple because I can talk to her directly about any query related to *yoga*. I have seen many disciples who cannot even talk to their *gurus*. Their teacher does not have the time to talk to every disciple or to resolve the doubts about *yoga*. I think, the *guru* should make as many disciples as he can guide or have time to guide them. There should not be a lot of pupils just to achieve name and fame in the materialistic world. If the number of disciples is appropriate, then the disciples will not face any difficulty in *sadhana* because the disciples will be under the direct supervision of the master. Well, I should not get into this because this is their personal matter. I should not look at them with suspicion. After all, they are having the position of *guru*.

Vision of Ego

I had the meditative vision, I was in a house, I had a black cobra in my hand, and I was holding it. At that time, I did not seem to be scared of that black cobra; rather, I was holding it as per my wish. I was holding the cobra from the middle of his body and I was looking at it. It used to hiss loudly towards my face. At the same time, I used to utter the word *Om* with prolonged chant when it was hissing. Due to pronouncing *Om*, the length of the cobra was decreasing and then the snake would become very small and also sluggish because of which it was not able to hiss forcefully and loudly. After some time, I left the cobra on the ground. After releasing, the length of the cobra began to grow automatically and it was as long as before. I caught the snake and lifted it again. It hissed towards my face once again, when it was doing this, I would smile. I spoke to the cobra, "Well, I'll calm down your anger now." I repeated the *Om* as I did before. As soon as I did this, its length

started diminishing itself then I released it on the ground. As soon as I released it, it became longer as before, and it began to slither towards one side. I caught the cobra in my hand again. As soon as I caught it, it started to repeat the actions like before. I was enjoying this activity when my vision ended.

Meaning: After the end of my meditation, I started feeling scared of the cobra. I do not know how I was holding the snake at that time because I am very scared of cobra. Later I came to know, this cobra is a symbol of ego, and *Om* is the symbol for the power of *Brahman*; that is why its appearance began to diminish due to chanting of *Om*. Spiritual seekers! You can say that when the cobra had bitten me previously, then it was said to be the symbol of *Kundalini*. Now this is symbolizing egoism. In *yoga*, sometimes, the same kind of object has different meanings, so the spiritual seekers must take the help of their guide to get the meaning of their experience. When the level of meditation changes, the meaning of the same type of experience also changes. If you carefully look at the experiences, then you will understand that the same type of experiences has some minor differences. Sometimes it happens to the spiritual seekers that after some time, the same experience occurs, it may mean the same, or it can be different. In such a situation, you should ask the meaning from your guide. When the *Kundalini* is seen as a cobra, the colour of the cobra is not very dark and golden but when the spiritual seeker achieves a higher state in *sadhana*, then the form of the *Kundalini* looks like a golden snake or a glowing golden snake. But the colour of the ego is dark black, and it looks a bit scary.

The Vision of Lord *Shankar* and *OM*

Today I returned very late from my workplace, I thought, Now I should sit for meditation for at least 15-20 minutes. It was 11:30 P.M. when I sat to meditate. As I started my neck bent towards the back, and after a few moments, I went into the deep meditation, and I saw— There was darkness ahead and I was walking forwards it. After a few moments, I felt as if something was visible in the dark, I fixed my eyes on that place. A sphere of glowing blue light appeared in the darkness; this blue-coloured light was slowly coming towards me. In the middle of this spherical light, a shape started to form. I became happy when the shape became clear. In the middle of the circular light, Lord *Shankar* was sitting in the meditation pose; blue light was coming out from Lord *Shankar*'s body. For a few moments, I kept looking at Lord *Shankar* in meditation posture. Then Lord *Shankar* disappeared, I found myself standing in the dark.

I was thinking about Lord *Shankar*. Then suddenly, my vision turned itself upwards. I was surprised to see that my face also turned to the sky because this action was involuntary and spontaneous. After a few moments, I saw a bright blue dot. The light started coming out from the same blue dot, and it started spreading into a spherical shape gradually. Now the point had changed into a spherical shape; the spherical light was spreading around in the shape of a wave then the whole sky was occupied by this shape of the blue light. In the centre of this light, the form of '*Om*' began to emerge; now, I was looking at the brightness of *OM* inside the spherical light. After some time, the spherical blue light started shrinking in itself. For some time, the appearance of '*OM*' remained clear, then it slowly started going away from me and disappeared. The spherical light got absorbed into the shape of a dot. Later the dot became invisible too. I was standing and my face was still towards the sky,

and I came out of meditation. My neck was stuck to the back. I straightened my head with the support of both hands. At that time, it was 12:30 A.M.; my physical body was tired. So, I got up from the pallet and laid down on the bed.

Now I became very busy and used to feel tired, and eventually, I fell sick. My *sadhana* had stopped completely. A doctor was treating me; I became so weak that one of my friends used to support me and take me to the hospital. One day I asked the doctor to write a medical leave, then the doctor rechecked me and refused to recommend leave on medical ground. The doctor said, "You are absolutely fine, why are you asking for medical leave, you can work." I was surprised to hear him; my friend was a politically influential and powerful personality; upon his insistence, the doctor wrote a week's medical leave with hesitation, and later, I had to get private treatment. Then I wrote a letter to *Shri Mataji* in which I had written all the details of the disease. I got the letter from *Shri Mataji* after one and a half months as *Shri Mataji* herself was ill, so she could not write earlier. When *Shri Mataji's* letter came by then I had been cured of the disease. At the time of illness, I used to think that if I die, it would be good because there was a lot of pain in my physical body and I was facing some mental problems as well.

Shri Mataji wrote in the letter, "After taking the birth of a human being, by renouncing the bad thoughts of leaving the body, you should take maximum advantage of this body. It is normal for a spiritual seeker to feel differences with the worldly people. Understanding this, the spiritual seeker should not be sad but should be compassionate because society is ignorant. When your *sadhana* becomes good, then you will feel safe and deal with the world like a third person. Impatience is not good for *sadhana* because this journey is very long and complex. Have some patience. Why should you not keep the physical body alive, do not think that? This body is for the *guru*." I became happy to read *Shri Mataji's* letter; my courage and

strength increased. Slowly I was getting my health back, so I started practicing little *sadhana*.

The Vision of *Shri Mataji*

My spiritual practice started rapidly once again; one day, I got a glimpse of *Shri Mataji* during meditation. I saw, A *Valay* (energy field/aura) in the form of a huge light ring appeared in front of me, this light ring was very bright, my eyes were dazzled. After a few moments, I saw, *Shri Mataji* is sitting in a meditation posture in this light ring; her face was shining like the sun, and the light was emanating from her body. I said, hey, this is *Shri Mataji*, but she did not say anything. After a few moments, *Shri Mataji* disappeared. My meditative vision ended.

Intense Desire to Practice *Sadhana*

Now I started taking more interest in *sadhana*. The desire to practice *sadhana* was so strong that my interest in my job had diminished. I used to think, the job will fulfil my physical needs, and spiritual practice will give me spiritual benefits. It is better to have spiritual gain than material gain since the spiritual gain will help me posthumously. Physical achievements are limited to the mere physical world. Now I started getting such ideas frequently. I know that even material items are needed for *sadhana*. As long as there is a physical body, food, clothes, etc. will be required. For this I thought, there are many places where food, clothes, etc. are free, but some work is required to be done by you. Some Saints or yogis are only engaged in

contemplation of God and ask for their minimal needs. I thought, many such places are there in Rishikesh and Haridwar where there will be more time to do *sadhana*. Now I had no desire to continue with my job.

At this time, my age was almost 26 years. Now my focus shifted to my wife, and I thought, what is the difference between mother and wife when the wife became the mother of my child, then this child is a part of me. When the wife is the mother of a part of me, can I not see her as my mother? When I thought about my wife, she looked like my mother to me. Then I wrote a letter to *Shri Mataji* wherein I wrote all the things going in my mind. After some time, I got the letter of *Shri Mataji*. It said, "Anand Kumar, you want to leave your job and go to Haridwar, Rishikesh to practice *sadhana*, there you get free food but please make sure you are well informed before doing this. You have to do a lot of work in such hermitages; you will not have enough time for *sadhana*. You have made a mistake by getting married; then, you also became a father. Now you are asking me, Can I see my wife as a mother? Now it is a kind of sin; if your wife is happily prepared for this like that of *Tulsidas*, then it is different. If your wife is suffering and you leave home, that is not right. First, you arrange for the basic needs of her. Due to having a child, according to the scriptures, you can become free. At such an early age, the craving and passion of *sadhana* are in your heart. At such an age, I appreciate these qualities of renunciation and detachment in you that you want to see your wife as a mother. A mother would be extremely happy to have such a *yogi* son. A mother likes such a child a lot. But Anand Kumar, look at the message of Geeta, fulfilling your duty is considered to be the best, if you made a mistake earlier then do not regret about that. If you have a feeling of complete detachment, then no one can stop you. Someone like that does not think for himself and he can achieve his goal by devoting himself in search of

God but such people are very rare, you remain calm, increase your *sadhana*, God will fulfil whatever you desire.”

Yours *Shri Mataji*”

Spiritual seekers, I had my marriage and a child before starting my *sadhana*, at that time I was an ordinary man, I did not know that I would do *sadhana* in future or else I would not have gotten married.

The Vision of Lord *Shankar* in Two Forms

I sat for meditation at 8 P.M. I saw during meditative state that light was spreading all around. Lord *Shankar* was standing there, smiling at me. I was very happy to see Lord *Shankar*. I was gazing at Lord *Shankar*. In a few moments, a second body appeared from Lord *Shankar's* body; the second body was similar to the appearance of the first body. The second form of Lord *Shankar* stood next to the first; he too, was smiling. When I looked at both the forms of Lord *Shankar*, I burst out in laughter and said, "Oh God! You are in two forms. "There was no difference in both forms. For some time, I kept looking at both the forms then the other body was absorbed into the first body. After a few moments, he also disappeared. The vision ended.

Meaning: when a deity appears in two forms in this way, the practitioner should understand, his subtle body will also go out or used to go out from his physical body

in the meditative state, but the practitioner does not understand that his internal development is happening.

The Vision of Lord *Bajrangbali*

This vision came to me in a dream, I saw a light beam coming from the space towards me. I started looking at that light beam. It stopped at a little distance from me. I was staring at the light with curiosity. Then, in that light Lord *Bajrangbali* appeared, his gesture was a bit strange, he was in cross-legged sitting posture, and his hands were in salute posture (palms together), eyes were closed as if he was meditating. I kept watching him for a few moments and I thought why he was in a salute posture. For a few moments, Lord *Bajrangbali* kept giving me a glimpse and then became invisible. My vision ended and eyes opened, I got up and looked at the clock, it was 3:45 AM, it was time to meditate. I started thinking, how did Lord *Bajrangbali* come into my dream today, how did he bless me because I usually do not pray to him, I only remember Lord *Shankar*. By the way, Lord *Bajrangbali* Ji is incarnation of the eleventh *Rudra*. After a few years, I came to know that I have a deep connection with Lord *Bajrangbali*, which I cannot write here at this time. In the future, he appeared to me many times and also guided me. I have lot of reverence for him.

Vision of Lust

I sat down to meditate at 3:30 AM. I saw during meditation-I am moving forward in the darkness. It was so dark that I could not even see my hands. In the darkness, I saw a bright light in front of me, and then the light became invisible; it was like a vehicle's headlight. It seemed like the centre of the place from which the light was coming was far away from me. The light was very bright. When this light fell on my face, then my eyes would close. The light fell on my face, then it would shift from my face in another moment, and I would stop, then in the darkness, I continued to walk forward. When I was going forward, my feet stopped because an elegant young girl was standing in front of me. She was very beautiful and was wearing red clothes. I looked at her carefully. The girl was looking 17, 18 years old. She was smiling a little. The biggest surprise was that due to darkness, I could not see my own body but the woman standing a little away from me was completely visible; there was no effect of darkness on her body. I felt frightened for a few moments because she was standing very close to me. She was looking at me in an obscene way which I cannot freely describe. But I will write that the way she looked and smiled at me was not good. She pointed towards me to come closer, but I stood still in my place. When I did not move from my place, then she came two-three steps forward. When she came closer, I felt embarrassed. It felt like my feet were stuck on the ground because I could not move backward even though I wanted to. The girl came to me and fixed her eyes on my face; her face was very close to me. I got an idea, "This girl is so beautiful. In the second moment, I removed my sight from her face because of shame and turned it towards the ground. When I saw downwards, I started to see her whole body. I saw her clothes are transparent; all her body parts are visible, then I dared to look at her once, she looked at me as before. It seemed as

if she was reading something inside me. Because of the panic, I felt awful. I slowly realized that I was sitting for meditation; the experience ended.

After the vision, I was very sad, why did this woman appear to me. I do not think about or look at any woman sensually. I always think of *sadhana*. I only remember *Shri Mataji*, then why do I get such experiences. I was very sad. Due to fatigue, I went to sleep at 5:30 in the morning. Then I had a meditative vision in the dream, I was going somewhere. In a few moments, a large door appeared in front of me. I saw a girl coming out of the door which stood in front of me. As soon as the girl came in front of me, I recognized her. This was the same girl I had seen during meditation a few minutes ago. The attitude and expressions of the girl were not good this time as well, just like before. I was standing quietly, but there was a change in the scene that light was spreading all around. The girl told me, "Anand Kumar, come inside my house, pointing at the door from which she came. I said, "No." But she did not feel bad and smiled then the vision ended.

Now, this time the girl was looking even more beautiful than before. It was at 6 A.M. Now I felt awful because the same girl had appeared once again. What should I do now? How would I be able to continue *sadhana* like this? Oh God, please forgive me, I want to stay away from these girls. I stopped speaking to women, even in physical life. I used to speak only when it was essential. I immediately wrote a letter to *Shri Mataji* in detail about my experience. This time *Shri Mataji* sent the reply shortly. *Shri Mataji* wrote in the letter, "Your experience is right and, in your experience, even darkness and light are right, it is your nature of lust which you have seen as a girl, so do not be afraid of it but observe it by being neutral and persevere in your practice." After reading the letter of *Shri Mataji*, I felt better.

Meaning: I saw so much darkness during meditation because my *sadhana* was at the throat chakra. It is the place of ignorance, and the stage beyond throat chakra is related to the subtle world. Therefore, the practitioner has to reduce the quantity of *Tamoguna* significantly in his *chitta* which has to be gradually reduced by practice. That girl was a sign of lust in my nature; there is also the place of lust on this chakra; that is why my lust was seen as a girl.

No Resolve

These days, in Delhi, there was a sponsored program that used to broadcast weekly during the evening at 7:45 PM on *Vividh Bharti* radio station. These were the last days of 1985; it was probably, December. This was a religious program. They used to circulate clips based on the stories of *Shiva Purana*, *Devi Purana*, and other *Puranas* (Hindu scriptures). In one of these clips, Lord *Shankar* told his devotee in the dream, "I always protect my devotees." Those words entered my heart. Although the words were taken from a *Purana*, I did not know whether these were true or not. At that time, I became very emotional and thought, "I too am a devotee of Lord *Shankar*. God *Shankar* also protects me. If it is right, then Lord *Shankar* will appear before I or I will understand that I am not his true devotee. My tears started flowing, I thought, If I can see Lord *Shankar* in 2-3 days, then it is okay; otherwise, I have some flaws," then I sat for meditation. I meditated for an hour but there was no experience. I was crying in the night at 11:30 PM in a sad mood. There was no sleep in my eyes. Right then, my eyes closed automatically. I was not in my senses; at that time, I had a vision, there was a bright blue light in front of me, then that light gradually started coming towards me and then stopped at a little distance from me.

A shape began to emerge clearly inside the light which changed in the form of Lord *Shankar* in a few moments. Now, I was very near Lord *Shankar*, and he was sitting in a meditative posture. The blue light was coming out from his body and he was smiling a little as well. I felt very happy to see Him; then, a voice came from the space, "Anand Kumar, you should not have made such a resolution." After hearing the words, my eyesight turned upwards. I could not feel any thought inside me; then, Lord *Shankar* gradually disappeared. My vision ended and eyes also opened. I was not asleep but had just shut my eyes. I decided that now I will never make this kind of resolution.

Once I got a book from a spiritual seeker from Delhi. The name of that book was *Chidashakti Vilas*. It was written by *Swami Muktanand ji*. In this book, the experiences of *Swami Muktanand ji* are written. I had read many pages of this book. Around the same time, *Shri Mataji's* letter came, which said, "Follow only one path and the lord will inspire you." I stopped reading that book. *Swami Muktanand ji's* book "*Chidashakti Vilas*" is excellent. Any new spiritual seeker would be benefited by reading that book. It says, "If a snake bites a spiritual seeker during meditation, that spiritual seeker will surely get emancipation." I read that book again in the Miraj hermitage in 1992 and got the guidance as well. Some of my experiences are similar to this book. I am very fond of this book. *Swami Muktanand ji* has become a great saint. This book has very good material written about *Kundalini*. I mentioned this book because, in 1992, I received a lot of guidance from this book.

The Vision of *Kundalini Shakti*

Nowadays, I had a lot of time to do meditation. One day during meditation, I had a vision that, there was a *Shiv-ling*, and a snake was wrapped around it. I was looking at that snake. Meanwhile, the snake unwrapped itself and stood in front of me. I was not afraid of that black serpent. The snake came close to me, stood up, and kept looking at me. I was also looking at it. Its eyes were clearly visible to me and I was also looking at its face. After some time, the snake turned his face downwards and opened his coil and went back to where it came from i.e., on the same *Shiv-ling*. Like before, coiled after swallowing its tail under its mouth, closed its eyes and became calm. After a few moments, the *Shiv-ling* also disappeared and my meditative vision ended. At the time of meditation, I was not afraid of the snake at all. But after getting up from meditation, I started to feel scared because in the meditative vision, I had seen its mouth clearly, and I was very close to him. I remembered the same appearance.

The snake appearing in this meditative vision was the form of *Kundalini* because it was wrapped in three and a half coils on the *Shiv-ling*, as *Kundalini* is also coiled in three and a half rounds on *Shiv-ling* in root chakra. This *Kundalini* keeps its tail pressed inside her mouth. When the spiritual seeker's *Kundalini* is awakened, it opens her eyes first in the form of a serpent; then, after more practice, due to jerks of the *Prana-vayu*, it starts to regurgitate its tail from its mouth. When the whole tail is regurgitated from the mouth and if the spiritual seeker's practice of *sadhana* is good, it starts raising its face and starts rising upwards. According to the practice of the spiritual seeker, her rising takes place. I had some more meditative visions like the above mentioned one, but I am not describing those here.

Bitten by A Cobra

One day I saw during meditation, like before, a snake was coiled around the *Shiv-ling*. After a few moments, the snake came to me after uncoiling itself from the *Shiv-ling*. Then, it stood up in front of me with its lifted hood like before. But this time it was hissing loudly. The air emanating from its breath was touching my face. After a few moments, I felt that the snake is hissing with anger. I had the idea that I should wake up and run away, but it quickly bit my right toe. I started to feel pain in the toe. I grabbed the toe in my hand and stood up. Right then, the meditative vision was over.

This meditative vision was peculiar. The way I stood up during meditation with my right foot in my hand; similarly, my physical body also stood with my right foot in my hand. Then I laid down on the bed. Even at this time, I felt that the snake had bitten my right toe. It may surprise you that the snake bit me in the meditative state and I also felt that in my physical body. Sometimes it happens that if there is an attack on the subtle body, the physical body also feels the pain because the one who runs the physical body is the subtle body.

Meaning- If the *Kundalini* bites the spiritual seeker during meditation, then he should understand that in this birth, he will surely have *Tattva-Gyan* (supreme realization). Due to attaining *Tattva-Gyan*, liberation will be attained. If the ego bites you during meditation, then spiritual seeker will surely find happiness, fame, glory, position of a *guru*, etc. in the physical world. In this meditative vision, the *Kundalini* bit me.

The Year 1986

Nectar of Knowledge Fed by *Adishakti*

I remember it was 26 January 1986. I saw, I was an innocent child, I was less than or around one-year-old. A woman had taken me in her lap; I was lying in her lap, then she opened her right breast from inside her clothes, took her breast to my mouth. The woman wanted to put her breast in my mouth, but I turned my mouth to the other side. Then the woman pressured me towards her breast with her hand. My mouth touched her breast. As soon as I touched her breast, I started breastfeeding. The taste of the milk coming out of that breast was very good. For some time, I continued breastfeeding then stopped. At that time, she was lovingly caressing my head. I was not able to see the woman's face clearly, because my face was under her breast. In a few moments, the woman lifted me with both of her hands. At that time, she had her face in front of my face. She kissed me with love again. Her teeth were as bright as pearls, her eyes were very beautiful and big, and her face was very beautiful as well. There was also a high crown made of gold on her head; there were a lot of precious stones in the crown which were emanating light. She was holding me with both of her hands and watching me with affection. Then the meditative vision ended.

After the end of the meditative vision, first I laughed a little, I am a small child in this meditative vision, a woman is breastfeeding me. Only *Shri Mataji* can tell the meaning. I was wondering, how to write a letter to *Shri Mataji*? Then I decided she is my *Guru-Mata*; I should not feel shy. I wrote a letter to *Shri Mataji*, a little embarrassed. The reply of the letter came after one and a half months. In the letter

of *Shri Mataji*. She said, "This meditative vision comes to very few spiritual seekers or should I say one in hundreds of spiritual seekers. Drinking milk means getting knowledge from the power of the Mother *Durga* (a form of goddess). At that time, the spiritual seeker should become a child who drinks this milk completely, without any disorder or any ego. He should be absolutely pure. You have had a lot of progress in *sadhana*, but in practice, the real goal is not something to be achieved in two years, and no one has achieved it. I was very happy to read the letter of *Mataji* because my *sadhana* was appreciated. When the *Adishakti* (primordial Nature) is breastfeeding a spiritual seeker like this, then he should understand that he is going to get *Tattva-Gyan* in this life.

One day a vision came to me during meditation, I saw the moon. The moon was shining brightly in the sky. The moonlight was spread all around. It was a very quiet and peaceful atmosphere. I was looking at the moon, and suddenly my meditation was interrupted. I remember that I have seen the moon several times during meditation.

Meaning, When the bright moon appears in the clear sky, it means, It is a state of the *chitta*. The spiritual seeker will soon get progress in spirituality, and his *sadhana* is progressing forward rapidly.

Mahayog-Mudra and Pressure in *Muladhara*

Nowadays, my spiritual practice is going very well. My practice has become good, but now there is a little bit of trouble during meditation. During meditation, my neck sticks to the back, and my body too bends backward. It seems that I will

fall backward, but I do not fall. Yes, sometimes my body swings like a swing. In this action, my body suffers a lot of pain. Because the *prana* tries to move upwards in the throat, my neck starts to suffer; the body gets tired quickly, the whole body gets drenched with sweat. For some days now, I have a strange pain in my root chakra. Occasionally, there is a slight tickling. Sometimes this tickling takes the form of slight discomfort. At that time, it feels like the root chakra is being stretched. It feels painful when it's stretched, and at that time, I feel, am I sitting in meditation or the box of my troubles has been opened? There is a feeling of many kinds of sufferings but the matter of fact is, despite the sufferings, I could meditate for at least an hour without any break. The pain in the root chakra is not only during meditation but also in the awakened state. Sometimes my body becomes straight after going back to meditation then starts moving forward and keeps bending forward till the head touches the ground. For a while, my head touches the ground; then, the head leads to the right leg. After touching the right knee, the head leads to the left, after touching which it touches the floor. In a few moments, my breathing becomes faster and the inhalation and exhalation hit the root chakra causing pain in it. The faster the respiration becomes, the more painful the root chakra is. At that time, I have my senses; if I want to be straight at that time, I can't do it. When I get tired badly, I came out of meditation. During meditation, sometimes I feel that the *prana* is putting pressure on the root chakra; at the same time, it feels that the *Prana-vayu* is pushing up in the throat.

Happening of Three Locks (*Bandhs*)

The kriyas mentioned above (unwanted body movements due to impurities in *prana*) kept happening for a few days, but then I realized that my tendency to bend backward and forward had ceased. Now I used to sit straight, at that time, my anal sphincter was narrowed upwards, and my stomach squeezed backward, and the navel started to push towards the back. Initially, it used to stick only a little, but after a few days, the stomach pushed and stuck to the back even more. When the stomach stuck, then I had trouble exhaling, i.e., the internal breath retention (*Kumbhak*) seemed to be so forceful and my chin bent forward touching and pressing the lower part of my neck. In this situation, I could not inhale, nor could I exhale. Because of the pressure of the chin in the lower part of the neck, the breathing tube was blocked.

Meaning- The upward narrowing of the anal sphincter is called root lock. Backward pushing of navel and stomach towards spine is called abdominal lock. Locking of the chin to the lower part of the neck is called chin lock. During my meditation, all three locks took place together. Due to the formation of these three locks, I felt intense heat in my stomach and root chakra. Occasionally exhaustion was caused by heat. Dear spiritual seekers, both the meditative visions mentioned above mean that the root chakra is stretched *Mahayog-mudra* gets activated, and at the same time, the *Bhastrika* also starts. The effect of these two types of activities causes the pressure of *prana* on the root chakra. It is also very good to have all the three locks. All these actions make the root chakra warm and push the *Kundalini*. I have written in earlier experiences that when the spiritual seeker starts to visualize *Kundalini*, then the spiritual seeker is ready for the arousal of *Kundalini*. At this time, the help of a *guru* or guide can awaken his *Kundalini*, with great ease. I do not know, Why *Shri Mataji* did not help raise my *Kundalini* even though the state of my spiritual practice was

advance enough. After some time, I came to know that *Mataji* was very angry about my use of the *Mahayog-mudra*. She said, “It is wrong for the spiritual seeker to bend forward. He should only bend backward”. Spiritual seeker! If the *Mahayog-mudra* is activating automatically for you, it is really good. Head tilting forward and touching the ground, then touching the right knee and then left knee along with *Bhastrika*, that movement is called *Mahayog-mudra*.

Journey to Rishikesh

I had already expressed my wish to *Shri Mataji*, “I want to stay in the *ashram* so that I get more opportunity to do *sadhana*.” *Shri Mataji* had written in the letter, “Go to *Swami Sivananda ashram* in Rishikesh, meet *Swami Chidanand ji* and *Swami Madhavananda ji* there and ask them if they would like to keep you in the *ashram*? You think about it; you will have to spend your whole life in the *ashram*, and tell them my name.” *Shri Mataji* had also written a letter for *Swami Madhavananda ji*, which I had to give to him. I went to the *Sivananda ashram*, Rishikesh, in the last days of March 1986. I reached “*Sivananda ashram*” in the morning after taking a bus from Delhi. After getting there, I came to know that *Swami Chidanand ji* had gone abroad and I could meet *Swami Madhwanand ji* at 9:30 in the morning. Before 9:30, I kept roaming around and visiting places. Then at 09:45, I went to meet *Madhvanand ji* because it was the time fixed for the public to meet him. At this time, anyone could meet *Swami ji*. *Swami ji* used to come to a fixed place to meet everyone. When I reached, many men were sitting there; some of them were foreigners. *Swami ji* talked to some of them for a while, then asked all the people present there, where did they come from and asked for their introduction. In that

crowd, I was such a lonely man. He looked at me once but did not talk to me about anything and did not ask anything. When he got up and started leaving, I met *Swami ji* on the way. I gave him the reference of *Shri Mataji* and also showed him the letter written by her. I requested him, "*Mataji* has sent me to you." *Swami ji* looked at me once and went further without saying anything. I was very sad to see this behaviour. I started thinking that I have come here from Delhi and *Swami ji* has not even spoken a single word to me. Then, I began to walk out of the *ashram* with a sad feeling and started thinking, does a person not talk to an ordinary person after he becomes great? Then I thought, His *sadhana* is the reason for his greatness; that is why everyone worships him. At the same time, I decided, "I will do intense *sadhana* at all costs. I will become such a great *yogi* that I won't have to plead in front of any *yogi* for guidance in spirituality. Thinking this, I went back to Delhi and then came to my home town Kanpur (UP) from Delhi. But no one in my house wanted me to quit my job. Then in a few days, I returned to Delhi in a sad mental state and started thinking, what should I do now? I also decided that I would not stay in any *ashram* now. I will stay at my house and will face all the suffering there. After this, I went to *Sivananda ashram* in September 1990 with *Shri Mataji*, then again in April 1994 with *Mataji*. But when I went to *Sivananda ashram* in April 1994, I had gained a lot in *yoga*. I did not have to beg in front of any *yogi*. And there was no desire to meet any *yogi* either. When I get everything from myself on my own, then why do I need any other person?

Myself in The Form of a Woman

I had a vision during meditation that I was roaming somewhere. Mild light was spread all around. After a few moments, I remembered myself because I had some strange feelings inside me. When I looked at my body, I was shocked, and the reason was, "My body was like a woman." Then I looked at my body carefully and found, "I have become like a woman completely." Now I remembered that I was a man, how did I become a woman? I was thinking this when all the clothes on my body disappeared automatically. There was not a single garment on my body. I was completely naked. I looked to check that there was no one around or no one had seen my body. It was a little relieving to know that no one was around. I was looking at the parts of my body carefully. I started thinking about how all this happened. My body was very beautiful, my colour was quite fair and my body was healthy and muscular. I had long and beautiful hair, smooth and attractive skin, and a muscular body. I kept looking at my beautiful body and was wondering how I became so beautiful. Because of becoming a woman, I was feeling a little embarrassed about myself but I could not do anything. In that deserted place, I sat in one place and my meditative vision ended.

I had many such meditative visions in which I found myself as a woman. I am writing a one-time meditative vision. I was standing in some place, and suddenly I remembered myself. Due to curiosity, I saw my body, The upper part of my body was that of a woman and the lower part was that of the man. I was surprised to see this type of body because such men and women are not found anywhere, where both a man and a woman are in the same body. There was not a single garment on my body. Yet I was very happy and roaming around. After a few moments, my meditative vision ended. There were no clothes on my body in this kind of meditative

vision that came to me during meditation. Once I thought, I feel in my vision that I have a body like a woman. But did I become a woman, or only the outer body becomes that of a woman? Whether my inner organs also become like those of a woman, I will check this time. After a few days, another similar meditative vision occurred. I am standing in someplace and my body has become absolutely feminine. First, I saw my body, then the body parts and curves, then decided, I am no less than a beautiful woman. At the same time, I remembered whether my inner body is like that of a woman or not. After thinking this, I started checking the parts inside my body and after a few moments, I realized- my body is surely feminine in and out. Spiritual seekers! I had a feeling about a woman through this meditative vision. This gave me the biggest benefit that, again, I never got attracted to a woman. As much as a woman knows about herself, I too know about a woman. If I tell the truth, I had so many meditative visions of being a woman that a real woman or a girl may not have in her life. I do not feel any difference between my body and the body of a woman. The impurity inside me stopped completely. Now I do not refrain from talking to girls and working with them because the visions of meditation are not transient like the physical world but these are enlightening experiences that always stay. It seems that these perceptions have just happened, even though I experienced them years ago. This is the specialty of experiences that occurred during meditation.

The Vision of *Ardhanarishvra*

The meditative visions which I have written about women, similar visions have been coming to me during meditation for a few months. One day, I had a vision, I was looking at mild blue light in front of me a little upwards. Within a few

moments, Lord *Shankar* appeared. I was looking at him happily when the left side of Lord *Shankar's* body started to look like a woman's body. I was surprised, Half of Lord *Shankar's* body was of a woman, and the other half was of a man. He had a bright trident in his right hand, and the woman was wearing a red *sari* on the body. There were glittering necklaces around the neck and a crown on the head. The left hand was on the lower side; the palm was open. At that time, it seemed as if half of the body was female and half of the body was of Lord *Shankar*. At that time, there was a bright ring (*Valay*) in an oval shape around Lord *Shankar*, the sparks of light from which were exploding outside. This view was visible for some time then gradually disappeared.

Meaning, in this meditative vision, Lord *Shankar* had this *Ardhanarishvra* (the Lord who is half woman) form. I remember one thing, after this meditative vision, I had stopped seeing the woman. During meditation, my body became that of a woman. I am the man; I am the woman, that is, I am powerful, and I am the power. Female is a form of *Adishkati* (primordial Nature); I am full of that *Shakti*. Lord *Shankar's* *Ardhanarishvra* form means that he is complete. I used to experience the nature of women due to *Kundalini*. Nowadays, my body got soaked in the heat; it seemed like a fire in the stomach. During *Kumbhaka*, the heat of the stomach increased even more with three locks starting automatically.

The Vision of *Shiv-Shakti*

Once I saw in the vision, I was very scared; the reason for my fear and running was that one person is following me. The person looks very cruel; his face and body were terrifying. He had a sharp weapon in his hand; his speed was very fast. The

faster I ran, the faster he became while running behind me. After running for a long time, when I was tired, I saw a very large *Shiv-ling* in front of me. I stopped after seeing the *Shiv-ling* because the scene was very beautiful. The height of *Shiv-ling* would have been about 10, 15 feet, and the same was its width. A snake was half wrapped in the middle part of that huge *Shiv-ling* and half the body of snake was raised above the *Shiv-ling*. There were countless heads of that serpent, all of which he had lifted above the *Shiv-ling*. Each head had a precious gemstone on it, all of which were glittering and spreading their light around. I was looking at the heads of the snake. I started thinking, what kind of a serpent was this which had so many hoods. This is when I remembered that a person was following me, remembering him, I started feeling scared. I turned back and saw that the person was still following me. I thought this person would kill me. I ran straight away and embraced the *Shiv-ling* when this person came to me. I was terrified then suddenly a heavenly voice occurred stating "This person is in my shelter and you cannot hurt him in any way." I started looking towards the sky. The person disappeared as soon as the voice was heard. Now I remembered myself. I found myself wrapped up on the *Shiv-ling*. The numerous hoods of the serpent were working as an umbrella over me and my meditative vision ended.

Meaning-

In this meditative vision, I had a vision of *Shiva* and *Shakti (Kundalini)*. The person I am afraid of is a form of natural bondage. I went to the shelter of *Shiva* and *Shakti*. This gave me freedom from the fear of natural bondage. It also means that in the future, I will be free from natural bondage, as seen in this meditative vision. The meaning of being free from natural bondage is attaining salvation.

In those days, I came to know that *Shri Mataji* was coming to Rishikesh, along with some spiritual seekers. It may have been the month of August or September 1986. I also received the letter written by *Shri Mataji*, where she wrote that I could come to Rishikesh. But I did not get a leave from the job, so I could not go to Rishikesh. When *Mataji* came to Delhi, I went to the railway station to visit her. At that time, she had many spiritual seekers with her as well. Then *Shri Mataji* and the spiritual seekers who came with her went away to Rishikesh. While coming back from Rishikesh, *Shri Mataji* had given time for spiritual get together in Delhi, but I could not be there because I did not know of it. Then *Shri Mataji* gave me the address of her daughter's house and said, "You should come at this address tomorrow in the afternoon." The next day I reached the home of *Shri Mataji's* daughter. After some time, some spiritual seekers came and talked about meditation with *Mataji* for a while, and after receiving the opportunity, I told her about the *Ardhanarishvara* vision and asked for its meaning, listening to the experience, *Shri Mataji* smiled but said nothing. A spiritual seeker who was present there said, "Your meditative vision is good but what is there to ask about?" Then, I was introduced to some other spiritual seekers. *Shri Mataji* told me at the time of the discourse, 'Your stomach gets very hot as well as your body, you should begin *Shirshasana* (head stand posture). A spiritual seeker has to encounter the suffering of some of the other kind in his path. If your head also hurts, do plenty of *pranayama* and try to stay pure.'

This Body Belongs to the *Guru*

In November 1986, I came to my home in Kanpur. Now I would like to say that, there was quite a mismatch between my nature and that of my family members. The reason was my father. His and my views were completely different. We could not be in harmony with each other. For this reason, it was natural for me not to be harmonious with any family member, because my father used to guide the whole family. He was the owner of the house; only I did not listen to him. His thoughts and mine were contradictory; our karmas also did not match. I was associated with spirituality while he was totally involved with materialism. He was very skilful in dealing with everyone, which was quite a mismatch between our natures. During these days, for some reason, a few relatives of our family came to our home, and an incident happened in front of them, my father and I argued about some matter. My father blamed me unfairly in some matter. He was not only lying but arguing as well. I started to hate him a little because he was telling one lie after the other. I left the house around ten or 10:30 at night. No one in the neighbourhood was a well-wisher of my father. There was also a feeling of protest in the relatives against him. I was sad that due to my *karma*, I was born in such a house. If someone meets my father, he or she can never say that he will be of this nature. He is well-educated and smart but he always puts his wisdom towards sins. I walked out of the house at night and I walked out of my village to the deserted roads. But I was not able to understand what I should do now. I went for about one and a half km. There was a well nearby; I reached near the well. First, I thought, then I decided, the best way to get rid of such a wicked father is to commit suicide, or the other option was to kill the father. If I kill my father, what will I get? I will become a sinner a price of which I will have to pay sometime. It is good that I commit suicide; at least I will get rid of my father.

I decided to jump in the well and end my life. When I was about to jump, my feet stopped and there was a voice from within me, "You cannot commit suicide." I was surprised to hear this voice which I heard from within. For a moment, I thought that maybe I am mistaken and scared but I realized I was not afraid to commit suicide. Then, I heard the voice again, "You will not commit suicide. It won't help you in any way. You think that your father is guilty but the truth is that your *karma* has made this happen. This body that you are going to destroy is not yours. This body belongs to your *guru*. This body has to do a lot of *sadhana* in this life. You have to do this for yourself and others too. Your body is extremely priceless. You will take full advantage of this priceless body in the future. Imagine that you have died, now you will live for yourself and also for others. You have come to destroy this body out of ignorance and anger. When this physical body is destroyed, then this society will respect and miss you. Sit down and think deeply on these words." These words were heard clearly within my heart. For some time, I sat there. I felt that these words made me a coward. Then I decided, "Now I will endure my suffering and I will do intense *sadhana*." After thinking this, I returned home in the night of silence. No one knows about this incident in my house, because I didn't tell anyone about this. After some days, I wrote a letter to *Shri Mataji*, where I wrote the whole story in detail. *Shri Mataji* also wrote this experience in her Marathi book.

I left my job and decided that I would only do *sadhana* now. I knew that my thoughts do not match with anyone in my family. Nobody wanted me to quit my job, but I had become addicted to *sadhana*. I did not listen to anyone, nor did I ask for anybody's opinion. I made my own decision myself, "Now I will sacrifice my whole life only for *sadhana*, and no one can stop me from my path." I was sure that I would have to face bad consequences because my path was spiritual. My family members

were involved in the worldly life. My wife was also sad because I left the job in January 1987.

The Year 1987

Bitten by A Cobra

I experienced this at my relative's place where I had stayed. At night, during meditation, I experienced a black snake approaching me. Seeing the snake, I wanted to run away but could not because I felt like my feet were stuck to the ground. I was not able to move. The snake came in front of me, lifted his hood, and hissed loudly. I thought that this snake would surely bite me. I was thinking this when the snake bit the upper part of the right foot quickly and disappeared. I couldn't do anything to stop this. Then, I said to the serpent in a thunderous voice, "Your poison cannot affect me. I will remove your poison." Then, I touched the index finger of my right hand, where the snake had bitten me and pronounced *Om* loudly. As soon as I pronounced *Om*, the poison started coming out in drops from where the snake had bitten me. Thus, I recited *Om* many times and pulled out the whole poison in a little while. I was pleased, and I moved forward. Then the meditative vision ended.

Meaning, I have already written it, when a black serpent bites the spiritual seeker during meditation, then he achieves fame, prosperity, etc. and gets the position of *guru*. In this meditative vision, I removed all the poison by pronouncing *Om*, which means, I will not accept all these achievements and will move forward. Let the future decide whether I have the capabilities to do so.

The Vision of *Swami Sivananda ji*

I had heard many times from our spiritual seekers about their meditative visions related to *Swami Sivananda ji*. Well, I had many meditative visions, but that related to *Swami Sivananda ji* never happened with me. A spiritual seeker told me, when he was sick, *Swami ji* appeared in his vision and told him the name of the medicine to take. After taking that medicine, the spiritual seeker got cured. I thought, some spiritual seekers even got treatment apart from guidance, and I could not even see him. I thought about *Swami ji* while praying for a few days so that I could see him. Then one day, he appeared to me during meditation. I saw, I had entered my own body. The inside of my body was filled with light. But the surprising thing was that I had entered inside my own body. Going inside I saw, there was land visible far and wide, I started roaming around there. Then I saw an elevated platform in front of me, the seat was spread over it. *Swami Sivananda ji* was sitting on the seat and he was smiling at me. He was dressed in a saffron lungi and a garment of saffron colour. I went to him and said, "*Swami ji*, is this you?" *Swami ji* said, "Yes. You have wished for my appearance for many days. Now you have got my vision. Do great *sadhana* and do not wish to leave it anytime. Yes, you will face great difficulties many times but the one who is a good spiritual seeker faces troubles and moves forward. Problems keep coming to the spiritual seeker. You should not panic. In the future, you will find many saints." After saying these words, *Swami ji* disappeared and I started coming back from that bright place. I came back from the same path which I had taken while going there. I was very happy because I had seen *Swami ji* and he told me a lot of things and guided me.

In January 1987, I went inside my body. Then I saw the scene there, and the way of going inside was such that the spiritual seekers would be surprised to know

it. I noticed during meditation; I have become separated from my physical body. Then I entered inside from the mouth of my physical body and had this experience. In the experience, I have entered inside my own body. The truth is that the experience that the spiritual seeker feels, these are actually inside him, but it seems to be a scene outside the body. When looking at all the scenes, the spiritual seeker remains introverted, and the instinct (*vruttis*) exist on the *chitta*. The *chitta* is pervading everywhere so the spiritual seeker is watching the scene inside the *chitta*. Due to being comprehensive, the *chitta* pervades in the entire universe. The place where the spiritual seeker can see the scene is located somewhere in the physical or subtle world. At that time, it seems like he is watching the scene outside. To see *Swami ji*, I went inside my body i.e. I became introvert. The truth is that *Swami ji* was sitting in the *Tapaloka* but I saw such a thing, He was sitting on a high pedestal in someplace. *Vruttis* of *chitta* can take form according to its comprehensiveness; that is, the spiritual seeker sees the whole scene in his *chitta*.

The Vision of Various Forms of *Kundalini Shakti*

When I left home from Delhi, I had a strong desire that other members of our household should do *sadhana*, but none of them accepted this idea. Then I persuaded my wife and mother that they should also sit to meditate with me. For a couple of days, my mother sat for meditation with me, but then she stopped. After this, my wife also started refusing, and she said, “I do not know what meditation feels like. You meditate, but please do not force us.” When she said this to me, then I understood, how long will she sit with me with her eyes closed when there is no *samskara* inside her? I said, "If your desire was not to meditate then do not sit with

me." Then she never sat for meditation. The truth was that she was irritated with my meditation as well but she did not say this clearly. I understood her expressions. After my arrival from Delhi, once again, my *sadhana* started at full intensity and was becoming better now.

I used to have a vision often during meditation, in front of me, a woman is standing in a red *sari*, wearing a crown of gold, she was looking beautiful. She would point towards asking me to come that means the woman used to call me. I used to look at that woman though she did not say anything.

Occasionally I had this type of meditative vision, I was going on in a bright golden lit place. After some time, I saw, In the sky, on the opposite side and above, there is a huge and tall throne of gold. A beautiful woman is sitting on the same throne wearing a red *sari*. She has a shining crown on her head, wearing ornaments around her neck and on other body parts too. It seems that the woman is covered with ornaments. Her big eyes look very beautiful, her nose and lips are also very beautiful. Occasionally when she smiles, her teeth appear to be shining and beautiful. As soon as I see that woman, she starts calling me and pointing towards me. I keep looking at her without lowering my gaze. Then I wonder why this woman is calling me?

Sometimes this type of meditative vision occurs, I am going somewhere. At a little height in front of me, a huge gold door is made in space. The beautiful door is open. There are beautiful carvings on the door. I look at that beautiful door. Only the door is visible, and there is no wall or house, other than the door. After a few moments, the same woman appears to be approaching from inside the door, then comes up to the doorpost and starts pointing at me to go towards her. I gaze at that unique, beautiful woman like every time and after a few moments, this meditative

vision ends. Occasionally there are ornaments on the woman's body and sometimes she does not have ornaments on her body, and sometimes she is in ordinary costume.

Sometimes this type of vision would occur, during meditation, I see a palace in space. The palace is very beautiful. It appears to be made of heated gold from far away. I reach the door of the palace; then after a few moments, I enter inside. That palace is quite deserted, I keep moving ahead. Then I saw that there are many beautiful rooms inside the palace, all of which are made of gold and very beautiful carvings are made on the walls. There is a balcony next to the rooms, a beautiful garden with flowers in it. And there are also large reservoirs. I start walking around in the same palace. At the same time, a thought occurred to me, Is this a palace or a whole city? Surprisingly, there is no one in this palace. Golden light is coming out from the walls of this palace. There is a stage on a high pedestal in the front and on this stage, there is a golden throne studded with gems. Light is emitting out from these gems. A very beautiful woman is sitting on the throne wearing a red *sari* with a high crown on her head; bright ornaments around her neck; a small ornament on the nose with a beautiful smile on her face. She was a very beautiful lady with big eyes. Looking at her, I stopped in my tracks. She pointed at me and called me towards her, but I did not go or talk to her. Then she got up from her throne and started approaching me. When she was coming towards me, she was not walking on the ground, but she was walking in the sky above the ground. I was standing on the ground. The woman was free from emotions at a distance from me, but she was standing above in the sky. I gazed at the beauty of that woman. The meditative vision was over.

These kinds of meditative visions came to me frequently. Sometimes this beautiful woman was also seen in the dream. Every time she used to call me toward her, but she never said anything. I thought, why do I see this woman? I will ask the

meaning of this from *Mataji*. I wrote a letter in detail to *Mataji*, but *Mataji* did not answer. I understood that *Mataji* probably did not want to tell the meaning of my meditative visions. Now I got even more restless, but what could I do? Similar meditative visions continued for a few months. At that time, I could not understand the meaning of these meditative visions because I was not qualified. But now I have the ability in myself so that I can understand the meaning of all kinds of meditative visions.

Similarly, I had another meditative vision, but this time the woman did not appear. I am going into space; then, the same palace appeared in front of me. I entered the palace door, and after going inside, I started walking around like before. Everything was the same as before when I approached the stage then the same throne appeared above the stage. The woman was not sitting on the beautifully carved throne this time. So, I went near the throne to look at it but I did not touch it with my hand, because it was at a little distance from me. I was looking at the beauty of the throne; right then a bright golden light appeared on the seat of the throne. I was looking at that light. In a few moments, that golden light changed into a golden snake and the serpent was sitting on the throne with a raised hood. He hissed towards me, as a result of which air came out of his mouth like white steam. I ran away from the palace. In a few moments, I went out of the castle and felt a little relieved. I thought, Let's get rid of that golden snake. I was thinking this when suddenly, the terrible hiss of the snake was heard again. I looked at the sky. I lost my senses when I saw that the same snake was in the sky and was hissing towards me. The snake was huge and half of its body was in the sky, and it had a huge hood as well. When such a snake hisses at someone, you can guess what he would go through? When he hissed, white steam like air or snow was thrown out. I ran backward and after running for some time, I found the same door made of gold that always appeared. I thought that if I go

inside the door, I would be saved. As soon as I was about to enter the door, the same golden snake appeared at the door. It once again hissed, and so much white air came out of its breath that I found myself in the middle of the white sky. Now I could not even see anything. I felt like I was standing in the middle of a thick fog. After this, I began to be conscious that I am sitting for meditation. My meditative vision ended.

Meaning, the woman who appears in the red *sari* is *Kundalini Shakti* herself. She used to call me. I should have gone to *Kundalini Shakti*, but I could not recognize her and this is why I did not go to her and just stood at my place. The reason the golden palace etc. was seen is that she is also called *Bhuvaneshwari* (ruler of the *lokas*). Due to her unique beauty, she is also called *Tripura Sundari*. The meaning to see the door and the throne etc. is, the vision of *Kundalini Shakti* occurs in many different ways. She was seen as a serpent in the same place where she was sitting in the sky. She is the form of power herself. All the universe remains balanced by her grace. Due to *Kundalini Shakti*, all these creatures of the universe receive power. When the snake was hissing, white air was blowing like steam, this white steam was *sattvic* power, which was thrown at me. I have to write one more thing, that ever since I have been blessed to see *Kundalini Shakti*, I have started to suffer a lot. It does not mean that I was getting problems due to *Kundalini Shakti*. But the fact is that the *Kundalini* had started throwing out and neutralizing my bad *karmas* of many previous births, and I had to suffer them all. The pain and sufferings encountered were proportional to the intensity of my *sadhana*. Spiritual seekers! If I tell you the truth, my humiliation had started.

My Wife's Death

Once I fought with my father. I was demanding my ancestral property which he refused to give, so we both started behaving indecently with each other. Two relatives came to me and started threatening me, but I was not afraid of the threats. The reason was that I was always ready to welcome death. Those relatives had also abused me with words. But I did not say anything at that time, because I was alone. One day it happened that I was not allowed to enter the house, so I started living with my paternal uncle. At the same time, my wife became afflicted with an illness and started getting sick. I was facing financial problems, and I was not given a share in the house and due to this, I had to stay with my uncle. She could not be treated. I sent my wife to her mother's house with my younger brother. After a few days, I got the news that she was very ill. I reached there, her condition had worsened and I understood that if there was no medical treatment, she would die. I came back to my village to arrange the money. After arranging for it, I was about to depart from the village when I got the news that my wife had died. It was the day of 26th October 1987. After hearing the news, I became blank. Sadness was not about the fact that my wife died, but because I could not provide medical treatment for her. I thought I was defeated, thinking that I had suffered a tremendous loss. It seemed that the people in the house won because all of them were feeling happy. Instead, my family members at that time told me, "You have killed your wife."

You Will Not Take Revenge

After my wife's death, I did not go to my house but came to my uncle's house. I did not understand what I should do? I sat down to meditate and I took a resolution- There are two paths in front of me. One, I should always be silent. Second, I should take revenge for my wife's death because taking revenge will take less than five minutes. I was completely ready. I remember, a year ago, I went to commit suicide, but I could not kill myself. I sat for meditation; I heard a voice from my heart, "You will not take revenge from anyone. Leave the idea of taking revenge. Nobody has treated you wrong; everyone dies. There is some reason for everyone's death. Your wife had only this much lifespan. Now go back to your home and take care of one thing; you have to remain calm."

After hearing my inner voice, I became even sadder. I did not want to go back home. In the afternoon, I sat for meditation again. I thought, through *sadhana*, I can achieve a high state, and I got some more secret signs during meditation, which made it seem that my future would be bright. This is what I decided after getting up from meditation and then walked towards the house. On the evening of October 28, 1987, I went to my house for many days. At the time, it seemed as if I had gotten the biggest defeat of my life. I was feeling ashamed of myself. I had hatred towards my family. I went home and quietly sat down. No one spoke to me, and I too, did not speak to anyone. Everyone was looking at me. It seemed like they won a big bet. I quietly went to my room and lay down. I was not so sad about the death of my wife. Was the sorrow because was it the proper time for her to die? I felt that nature had slapped me, whose benefit was taken by my family members. I was thinking like this that suddenly my eyes went to a picture hanging on the wall. I used to worship this picture for three years. I said to Lord *Shankar*, "Well, Lord, you smile at my

trouble, but I have left everything to reach you and you have pushed me into these problems." Then my eyes got closed and I found myself in meditation.

Do Rigorous Sadhana

I saw during meditation, Lord *Shankar*, who had a blue body, was sitting in front of me in meditation posture. I was looking at him. Then Lord *Shankar*'s eyes opened, he looked at me, I was standing in front of him. Then, a voice came from the sky, "Anand Kumar! You are in grief like an ignorant man; you should not feel sad. Your path of *sadhana* has opened up now. Your wife had only come into your life for so many days. You will get all the information on this subject in the future. Now you should do extremely rigorous *sadhana* due to which you will attain me. Then you will be free from grief. Now you do rigorous *sadhana*, do rigorous *sadhana*." This voice was coming from the sky. My eyes opened and I remembered these words, "Now you should do rigorous *sadhana*." I do not know what changed me. My grief was over and I was feeling very light inside. It seemed like no unfortunate incident had happened with me.

Now I realized that I was hungry. Then, I took a lot of food and quietly lay down in my room. At around 11 o'clock in the night, I started to fall asleep when I saw my wife. We talked for a while. She told me to act on some things, but I did not believe that this was true, then my eyes opened. I understood that my wife has gone into *vasana-deh*. For a long time, I kept thinking about what I can do for my wife. But right now, I do not have enough ability to liberate her from *vasana-deh*. I thought that I should request *Shri Mataji* then she will liberate her.

Spiritual seekers! My wife helped me a lot during my meditation. She used to tell me many things about the subtle world, which I did not know. When she came to me, she used to ask me to let her meet her three and a half-year-old son. I used to tell her to go and see him. "How can I stop you? You are his mother." After her death, she still felt a deep attachment to her child. She used to appear regularly to see her boy. To meet the boy, my wife needed to take my permission because, at that time, my *sadhana* was at such a level that no unsatisfied soul could enter my house without my permission. When my wife used to meet my son, he used to cry loudly. I told this to my family members, and they did not like it at all. But the family members could not do anything other than being silent. I used to allow my wife to meet my son and used to wake up with my family members. I used to wake the boy up so that he does not face any problem. But my wife used to say, do not wake him up. I did not answer her. Our son used to sleep between my mother and sister in the night. But one day, I did not inform them. A strange incident happened that night. The boy started crying sitting under the bed at night. The height of the bed was so high that he could not descend himself, then how did he get down, it was a mystery. My family did not like it but what could they do. The family members made a talisman for the boy. Then my wife told me, "I cannot meet him since he is wearing a talisman." I said, "The talisman will not do anything; you can go and meet him." Right then, the boy started crying loudly. He said, "Mummy had come and started strangulating me and she was saying, come with me. She pressed my throat hard." I got angry with my wife and I stopped her from meeting him. She told me, "I will not do this now." But my determination completely stopped her meetings with my son. I kept meeting my wife, though. She used to give me interesting information about the subtle world and we kept meeting like this for a year.

Spiritual seekers, though I should not have written about my wife here, I wrote it so that all of you understand that after the physical death, people who get *vasana-deh* have to face a lot of mental pain. Their age is very long in *vasana-deh*, but some of them have to spend very little time there. It is based on the actions (*karma*) of the deceased. When the desires of the individual soul get fulfilled, the body becomes free, or the *yogi* can release the individual soul from this body.

Kundalini Could Not be Raised

I had written earlier, on October 28, 1987, while I was lying down, I entered into deep meditation, in which I was commanded to practice meditation rigorously. The next day I was completely calm. On the evening of October 29th, I sat down to meditate at the door of my house. There is also the place of Goddess at the entrance of our house; I sat down to meditate in front of that place. I got into the meditative state instantly. First, my neck went backward, the back of the head got stuck to the back, and my body started bending backward. I felt I would fall backward, but it did not happen. In such a situation, the pressure of *prana* started increasing in the root chakra; that is why pain began to occur at that place after some time. It seemed as if a vein was stretching heavily, as well as pulling the area of the root chakra upwards. For some time, I suffered this pain; then I sat upright. After a few moments, gradually, there was a feeling of all three locks; internal *Kumbhaka* began to start. The *Kumbhaka* felt so intense that the *prana-vayu* couldn't get out, which began to make me feel restless. When the *prana-vayu* came inside through the breath, it seemed that the *prana* was not going to the lungs and going into the root chakra. When a lot of *prana* gets accumulated in the root chakra, it takes the form of a fire.

It feels like that part of the body is burning. It seemed that my entire stomach was burning up like a fire. After some time, my chin lock was released, now my head began to bend forward and after a few moments, it started touching the ground. In this state, I had a lot of difficulty in breathing. My breathing started moving rapidly; this resulted in the release of the abdominal lock which resulted in my breathing taking a terrible form. It seemed as if a snake was hissing very fiercely. I could not stop my breathing; my root chakra was suffering like a boil and my *bhastrika* became very fast.

My head was touching the ground, now my chin started sticking to the neck, and the upper part of the head started touching the ground. I was still in my proper posture, and suddenly, I sat bearing my whole-body weight on my knees. Now the shape of my physical body became very strange; the upper part of the head and knees were bearing my entire body weight; both of my hands were sticking to the stomach. Now I felt as if the root chakra would uproot and go towards the head. *Bhastrika* was getting very fast, my breath was hitting the root chakra directly. It seemed that a hammer, not my breath is striking the root chakra. I was sweating and my body was tired. Due to excessive pain, I thought that I should stop meditating, I should get up, but I could not do it. There was a terrible pain in the root chakra that I could not bear. I became unconscious and all the activities stopped automatically.

At the same time, I had a vision. Clear blue sky appeared which had no sun, moon, stars, etc. in it. It was only a clear blue sky. The lightning struck in that vast sky and then disappeared at the same time. When the lightning struck, the whole sky was shining with light. It was the kind of lightning which appears between the clouds during the rain and disappears later. Suddenly, I got my senses back, and my *bhastrika* began. I thought that since I am suffering so much, it is better that I die. The pain was becoming unbearable. Even the external retention (*Bayha-Kumbhaka*)

was hard. When the breath went out of my body, it was not possible for me to breathe in, and when the breath came in, it was not possible for me to exhale. My body was exhausted. I thought, I do not want to practice such *sadhana*. I should abandon this. That's what I started thinking, but my thinking doesn't make a difference. Suddenly, I felt that someone picked and lifted me up.

I became conscious after a few moments. My younger brother had grabbed me and made me straight. Even at that time, I was correctly seated. Gradually my legs started getting straight. I tried to stand up but could not. I felt that my legs had no strength in them. I gestured to my brother to make me sit down, which he helped me to do. I saw that all the members of my family were present. I told my brother, 'Why did you lift me, I was going to receive the most priceless thing in my life, I could not get it due to you. My brother said, "We all were looking at you for a long time and seeing that you were suffering a lot. Sometimes your breath did not come back. We could not know whether it is *sadhana* or something else. This had never happened before. That's why I got you up.'" I did not say anything and understood that my *Kundalini* is not destined to rise right now.

Spiritual seekers! This kind of meditative vision happens only to very few spiritual seekers. In the awakening of *Kundalini*, every spiritual seeker has his own meditative vision. He or she may have some similar meditative visions. I was so troubled at this time because my *Kundalini* was rising on its own. It could be raised easily by energy transfer (*shaktipat*).

The *Kundalini*, which rises on its own, is more powerful. The *Kundalini* could be raised by itself only when the *sadhana* of the spiritual seeker is extremely intense, or else it will not be raised upward. Not every spiritual seeker can raise the *Kundalini* on his own. A spiritual seeker who has raised the *Kundalini* on his own without

shaktipat will be very powerful in *yoga* in the future. The body of the spiritual seeker, who himself elevates his *Kundalini* by *sadhana*, remains warm due to active *Kundalini*. The *Kundalini* raised by *shaktipat* is not so powerful as the self-raised *Kundalini*. To automatically raise the *Kundalini*, the spiritual seeker has to perform rigorous meditation, and such spiritual seekers have lived as *yogis* in previous births. Some spiritual seekers are such that they do not get many meditative visions even when the *guru* raises their *Kundalini*. This is when the *Kundalini* is raised upwards before the appropriate time and the spiritual seeker has not practiced much meditation. Therefore, different spiritual seekers have different meditative visions of *Kundalini* awakening. Some of the spiritual seekers I have seen have started doing a lot of physical activities on *Kundalini* awakening because of which their physical body has to bear a lot of suffering. These activities are due to the lack of purity of the body or sometimes due to wrong guidance. Meditation does not mean to have excessive activity. Therefore, the *guru* or the guide should not allow unnecessary activity after the spiritual seeker's *Kundalini* awakening, but by *shaktipat* makes the spiritual seeker stable so that he could sit quietly during meditation. This way the spiritual seeker will concentrate properly. Some *gurus* can awaken the *Kundalini* but the physical activities of the spiritual seeker can't be stopped. They argue that these activities during *Kundalini* awakening are also normal. Sometimes there are some activities, but to do good *sadhana*, more and more *pranayama* should be done so that the subtle nerves of the spiritual seeker become pure. When the subtle nerves are cleansed, the activities will decrease or completely stop.

I have written earlier that during meditation, I had to bear a lot of pain. Subtle nerves are purified by *bhastrika*. At this time, due to *bhastrika*, the *prana-vayu* was pushing the *Kundalini* located on the root chakra, causing the *Kundalini* to rise. When there is some bustle in the *Kundalini*, this gives rise to a stretch in subtle

nerves. It feels like there is some stretch in the root chakra, and due to the pressure of *prana-vayu*, the root chakra was getting hot. With all the three locks, the pressure is caused on the root chakra, which helps in *Kundalini* elevation. My meditative vision here, the lightening in the blue sky was the vision of *Kundalini Shakti*. Visions of *Kundalini* are of various types. The clean blue sky is my *chitta*. In this meditative vision, when I had a vision of *Kundalini*, then the *bhastrika* began to move even faster. At that time, the *Om* word was emerging from my lips loudly in the form of *Om*. This *Omkar* (sound of *Om*) itself was coming out due to the *Kundalini*. When a spiritual seeker starts to chant this form of *Omkar* automatically during meditation, then it should be understood that *Kundalini* has opened its eyes and this action is happening because of that.

Whenever I used to sit during meditation, then *bhastrika* started automatically. It seemed as if a snake was hissing. Sometimes it seemed that both internal and external *Kumbhaka* had started, but I did not feel tired. Sometimes there was a stretch in the root chakra, but then there was no such activity as before. Now I felt free, and my *sadhana* started becoming better as well. In the meantime, I received *Shri Mataji's* letter. It was written in that letter, “Anand Kumar, you quit the job, now you have to do some work. Something to earn money because a man must do work. There is also a need due to expenditures. So, there should be some way to earn money.” On the advice of *Shri Mataji*, I opened a shop and started work related to electronics because I am good at doing electronics-related tasks.

Perception of Various Colours

Once during prayer, my eyes closed on their own. For a few moments, I was sitting quietly; my eyes started pulling inwards. The eyes were putting pressure on the inner side by themselves. At the same time, darkness appeared first and later; the yellow colour appeared in that dark. In a few moments, the yellow colour spread everywhere, then it became deep and bright and after some time, the yellow colour disappeared. Now green colour appeared and after the green colour, the orange, smoky and blue colour appeared respectively. When one colour gradually disappeared then the next colour was visible. Thus, five colours appeared, respectively. I felt very good while seeing these colours. Then my eyes slowly opened. I was feeling slight pain or fatigue in the eyes. These five colours were the colours of the five elements. Each element has its colour.

Meaning, the five colours appearing in the meditative vision were of the gross form of five fundamental elements. The yellow colour is of the earth element, green is of the water element, orange (red) colour is of the fire element, colour similar to smoke is of the air element, and bright blue colour is of the sky element. The meaning of all these colours is, the practice of the spiritual seeker is going beyond the five physical elements to the five subtle elements or is about to begin. That is, now the spiritual seeker is introverted, and his *sadhana* (the developmental order) has initiated in the five subtle elements and the subtle world.

The Vision of the *Gyan Chakra*

One day when I was praying, my eyes started pushing on their own inwardly as before. Colours also appeared as before, and in the end, there was a blue dot that was at a distance far away from me. The dot was moving around where it was situated, and then it started approaching towards me. When it came to me, the size of the dot started increasing; then it came closer. Now its size became even bigger; it first appeared as a bright sphere. Later its appearance became like the shape of a chariot wheel, and like a wheel, it rotated at a rapid pace at its place. Gradually, the speed of its rotation began to decrease, then that wheel started to appear clearly. There were spokes in the wheel like that of a chariot. It was like a chariot wheel. There was also a hole in the centre of the wheel. When the wheel became stable, then its size increased. My eyes were fixed on the hole in the middle of that wheel. Now the size of the hole increased too. Lord *Vishnu*, with a large body, appeared inside the hole, standing in a four-armed form. He also had a conch, *Chakra*, mace, and lotus in his hands. He was smiling at me. His image was very beautiful. I suddenly exclaimed, "Oh Lord *Vishnu*! Is it you?" Then Lord *Vishnu* went away and gradually decreased in size and he started moving around in a circle. Due to the fast circular movement, he was shaped like a wheel. Then, due to the increasing distance from me, he changed into a dot. Now only the blue sky remained; the blue dot became invisible. My eyes began to open up, and that scene disappeared.

Meaning, in each person, the *Gyan Chakra* (knowledge chakra) remains in the form of a chariot wheel, slightly above the eyebrows and inside the subtle body. Not every spiritual seeker has the information regarding this knowledge chakra. Only those spiritual seekers know knowledge chakra, who themselves were *yogis* in their previous births or those who practice *sadhana* rigorously. The guide or *guru* also

guides his disciples with the help of this knowledge chakra, but not every *guru* can guide by this method. Knowledge and capabilities of any human being or a spiritual seeker can be known by the knowledge chakra. People who are highly educated, intelligent, *Sattvic*-tempered, altruistic, and charitable in nature, their *Gyan Chakra* keeps moving in its place at a slow pace, according to their *Sattvikta*. The person who is a *Sattvic* spiritual seeker, depending on his level of spiritual practice or ability, speed of his knowledge chakra is intensified. The knowledge chakra does not accelerate at all for people who consume narcotics. It is rather stable. The *yogis* use this knowledge chakra to achieve a particular type of accomplishment (*siddhi*).

In the meditative vision, I had seen this knowledge chakra. Lord *Vishnu* had appeared standing inside its hole. knowledge chakra was moving very fast. It is evident that my *sadhana* is also moving very fast, and I have done *sadhana* in my past life as well.

The Year 1988

The Vision of *Shri Mata Lakshmi ji*

This meditative vision came to me in my dream, A bright light of white colour appeared in front of me. It started rotating in a circular manner and turned towards me. As it was approaching me, its size was getting even larger. After that, it got stable in one place, and now its shape was huge. Then, a human figure emerged in the middle of the light. After a few moments, that human figure became very big and clear. This human figure was of *Shri Mata Lakshmi ji*; she stood on the lotus flower. She was beautifully dressed up in a red *sari*, worn a necklace of precious gems around the neck, and a high crown on her head. *Shri Mata Lakshmi ji* was embellished with beautiful jewellery. She was smiling and raised her right hand to bless me. For a few moments, I kept looking at *Shri Mata Lakshmi*; her vision was very mesmerizing. I blurted, "You are *Shri Mata Lakshmi ji*!" out of my surprise. After a few moments, her image began to fade and turned into a light and gradually, she disappeared, then my eyes were closed. During meditation, I prayed to *Shri Mata Lakshmi*, "If you are pleased with me, then bless me with success in the journey of my *sadhana*. May the greed for money never get inculcated in me and my state of *sadhana* remains high." The reason for the vision of Gods and Goddesses in this way is the purity in *chitta* because only the *sattvic vritti* can hold the form of deities. When your *chitta* becomes pure, then only the gods, goddesses and saints appear.

The Lion

Many times, I have seen a lion during meditation and dreams. I have been continually experiencing this for several months. During meditation, I used to see, there was a lush green forest, a white lion was running across the forest, and there was a bushy mane around his neck. The lion stood in front of me and roared. The lion was gazing at me, and it scared the hell out of me. The lion roared three or four times and then went back to the forest and became invisible.

Sometimes I experienced, I am going on some road, and it felt like someone was following me. I looked back and saw a lion is following me with great ease. I ran out of fear and went to hide. Then the lion disappeared, and my meditative vision ended.

Sometimes I saw, I was going somewhere and two lions appeared on my way. Both the lions were playing together. My feet froze out of fear. I thought I should run away, but I could not move forward. It seemed that the feet were stuck to the ground. In a while, a lion went away and became invisible. Similarly, many times the lions were seen during meditation and in the dream state. Sometimes they stood in my path, but they did not harm me in any way but made me scared sometimes. By the way, the lions were very beautiful to see.

Once I saw the moonlight spread all over, a white-coloured lion appeared in space. First, it looked at me, then lifted its face upwards and started roaring. The entire sky was buzzing with the roar of the lion. Once or twice, the lion roared by raising his front legs upward. He roared for a few moments, then disappeared. This type of meditative vision came only once.

Meaning, Spiritual seekers! It is difficult to find the meaning of the visions of these lions because, according to *yoga* the lion's visions may have several meanings. **First,** A lion is also a symbol of the mind. **Second,** it is also a sign of anger. **Third,** everyone knows that the lion is a vehicle of Goddess *Amba*. This meditative vision should be understood as the grace of Mother *Amba Devi*. I have just written a few of the meditative visions of the lion here. In one place, I have mentioned that sometimes two lions were visible. A person's mind is of two types, one external mind, the second internal mind. Well, the minds are not two in number, but the states of the mind are two, an excellent mind and an inferior mind. The excellent mind is called “the internal mind” and the inferior mind is called “the external mind.” I have already written that every spiritual seeker may not have the same meditative vision, but some meditative visions may be similar. Therefore, your meditative visions or *yoga* problems should be solved with your guide or *guru* so that the state of illusion is not created. Sometimes it has been seen that the teachers’ meditative visions match with those of the disciples.

Rain of Fire

I saw during *sadhana*, I am moving into a lush green forest. The forest was full of high trees, shrubs, and also a number of wild animals could be seen. I was roaming around, then suddenly there was an announcement from the sky. The sound was such as the clouds roar in the rain. I looked towards the sky; it was completely clear. I could not understand the origin of the voice from the sky. Meanwhile, the announcement occurred again, the voice appeared to be coming from the sky as before, but the source of the voice was still not clear. I moved a little further. Then

there was a bright light in the sky that caused the light to spread throughout the earth and the sky. At that time, I was standing at a high place on the ground. The earth was visible far and wide. In a few moments, the flames of fire came down from the sky and fell on the other side of the earth. This caused the fire to spread all around. I looked towards the sky and saw that it was like meteors falling from the sky. The flames of fire were falling on the earth. Now the whole earth was burning and was turning into ashes. When flames fell off from the sky, there was a terrible roar in the sky at that time. In a few moments, the whole earth was lit up with flames. There was a tremendous roar in the sky. I was surrounded by fire on the earth, but there was no impact of the fire on me. Rain of fire was falling on me too, but it did not do any harm. It seemed as if I was bathing in the fire, so I was pleased. Animals on earth were burning due to the flames and were running here and there. I was laughing at all this, but the animals could not escape, the fire was all around. Everything was turning into ashes. The sky seemed like it would explode. After some time, all this came to a halt because everything had turned into ashes. There was nothing left of trees, plants, and animals. Only I was standing all alone; the sky was completely calm. I walked a little forward and I realized, "Now I **am** left alone on the earth."

Meaning, I will attain this stage in the future. The sky and the earth are part of my *chitta*. The sky symbolizes my heart. The earth (land) is the land of my mind (*chitta*). The fire is the *yogbal*. The green environment on the earth (trees, plants, animals, etc.) symbolizes my *karma*, which became nullified with the *yogbal*. Those *karmas* which are on the upper surface of my *chitta* are destined to get destroyed by enduring them in the near future as if they are destroyed by burning. Due to the destruction of these *karmas*, the path ahead will be paved. This kind of meditative vision is very good for me.

Getting Information About Others

Nowadays, I was getting aware of the events occurring in and around my village on my own but to maintain the secrecy of *yoga*, and I did not tell any incident to anyone. I used to mind my own business and did not get involved with anyone. Sometimes I was aware of the result of any action beforehand. I even knew when someone was about to do something or thought of doing something. Sometimes, I told a person about the result of his action beforehand. Consequently, I had to face problems due to this because people started coming to enquire about their future. I got rid of such people with great difficulty. That is why I used to have limited interaction with society. I could also tell you about the water level below the land. This information is helpful in the tube-well installation. In the same way, I also could sense that this person is going to die in the near future.

Talking to Unsatisfied Souls

In the same way, I used to get a lot of knowledge about unsatisfied souls. These souls were mostly those who died of unnatural causes. I do not know how these souls could find me that I am a *yogi*. Perhaps they knew about me by looking at my aura. I used to have many conversations with such souls. These souls used to introduce themselves and describe their whole situations. I also assessed that most of these souls were women, who had killed themselves or were murdered. These souls could not set themselves free and remained unsatisfied. They used to ask me some of the things, but I used to refuse to say, “My practice has just begun, please fulfil your wish with any other spiritual seeker or *yogi*, I will not be able to fulfil

your demand.” It was a great experience talking to such souls. When I could not fulfil their desire, the souls used to go away. I used to ask them to leave with all due respect. In those days, I used to experience many great things too, my *sadhana* had also become good those days. But *Shri Mataji* did not say anything about raising my *Kundalini*. I used to wonder why did *Shri Mataji* not tell me anything about my *sadhana*?

Meeting with an Astrologer

I once wrote a letter to *Shri Mataji*, “I too wish that my *Kundalini* should be raised.” A few days later, *Shri Mataji*'s letter came, and it was written, "Anand Kumar! Your letter has always been full of emotions. The *guru* raises the *Kundalini*, depending on the maturity of the disciple.” *Shri Mataji*'s letter made me feel sad. There was a foreseer a few miles away from our village who used to solve the problems of the common people. I thought, I shall ask questions related to my *Kundalini*. So, I went to him a few days later. I also sat in the queue of questioners. When my turn came, I introduced myself and also told me that I am a follower of *Sahaj Dhyana Yoga*. Please tell me whether my *Kundalini* will rise in the future or not? Firstly, the foreseer said, "First of all, tell me about *Dhyana Yoga* (*yoga* of meditation).” I briefly told him about *Dhyana Yoga*.

Then, he said, “you should stop practicing such *yoga* or do it in front of a *guru* because this *yoga* is extremely dangerous. The upward rise of *prana* is quite dangerous because if it does not come back down, then it may be life-threatening.” Now my thoughts towards the foreseer had changed completely. I thought, when he does not know anything about *yoga*, then how can I expect him to tell me about my

future? I asked him whether my *Kundalini* will rise or not. The foreseer said, "I know how to control ghosts and spirits and how to make people get rid of them but you are asking me about the future. You are thinking of going ahead of me." This made me a bit angry. He began to tell me about my previous life which was absolutely true. But I interrupted and said, but my question was something else. "I asked you about my *Kundalini*." Then, he said, "You, please ask your *guru*, and she will solve this problem." I realized that answering my question was beyond his capabilities. I returned to my home. I knew the answer to my question but *Shri Mataji's* denial about this topic was the reason for my dilemma.

You are harsh

When I came back from the foreseer, I wrote a letter to *Shri Mataji* telling her about my meeting with the foreseer. She replied in a letter stating, "Why are you wandering around here and there? Lord will fulfil all your wishes." But I could not find satisfaction in her words because I wanted to know my state clearly. *Shri Mataji* did not tell me about my situation, but she said, "if you are very harsh. You lack inclination towards devotional worship. It is your stubbornness, which is being an obstacle in your spiritual practice. You do not have a sense of service. You should have a sense of service towards your *guru*". But I had a different opinion. I believed how my dryness/stubbornness could create hurdles in the path of my *yoga*! My path is not devotional *yoga*. Then how can the absence of devotion be an obstacle in my *sadhana*? It is true that through devotion, inner intuition (*Antahkaran*) becomes pure more quickly. But there have been many *yogis* who did not follow the path of devotion. They practiced strict *sadhana* to aid their *yoga* strength (*yogbal*), some to

get revenge. They had achieved their target practicing *yoga*. Rather, the matter of fact is that any spiritual seeker whose will power is strong is undoubtedly going to be successful in *yoga*. Spiritual seekers who have strong will power tend to be a little dry, and if they do not have this dryness in them, they would not have strong will power. In the past, Vishwamitra had practiced *yoga* rigorously due to a show down with *Vashishta*. Also, Lord *Parashurama* and *Dadhichi* had practiced *yoga* with the idea of taking revenge and I suppose they were second to none in terms of *yoga*. Three of them were pioneers of their era. I believe only a spiritual seeker with strong will power can do the rigorous practice. Mere imploration or request would not help in practicing strict *yoga*. As long as you do not work hard, even God will not bless you. I bet, if anyone has received something merely by worship, then I too should worship but then why should I work hard unnecessarily and why should I suffer? I am not against the path of devotion; the truth is that such devotees are great and way superior to me because they do not get angry and are devoid of ego. Devotion is a very difficult path, but to practice *yoga*, perseverance is necessary. There are hardness and stubbornness in persistence. I have also seen that when spiritual seekers are stubborn, their *sadhana* goes great. There is tremendous intensity within such practitioners that they passionately execute their tasks without abandoning it. They are not distracted by difficult tasks in their paths. The mind of such spiritual seekers is more active, but the followers of devotion do not argue much because, for them, the emotion is very important. Such a devotee has to satisfy his heart. *Shri Mataji* had labelled me as stubborn, many times in front of everyone. I found it disdainful at that time, but my *sadhana* was progressively growing, it never stopped, I was getting success at a constant rate.

Even after being so stubborn, I have achieved success in a concise period, but the spiritual seekers who followed the path of devotion have lagged behind. Only

devotion can't get you success in *yoga*. To achieve success in *yoga*, the spiritual seeker has to work hard. Those spiritual seekers who become lax in the beginning, thinking that it is only the grace of almighty or the grace of *guru* who will lead to success in *sadhana*, they find it very difficult to achieve success. God's grace is primarily based on *karma*, and he is the sole regulator. The spiritual seeker gets the fruits according to his deeds. Whether you take it as the result of the grace of the Lord or the grace of the *guru*, without *karma*, nobody is blessed. The thing whom you consider as god's grace is the result of your own actions in the real sense. I don't understand the theory behind the fact that success can be achieved only when God or *guru* will grace us irrespective of our hard work and *karma*. Every disciple is the same for the *guru*, then how do some disciples manage to get quick success in *yoga* and some achieve it much later. It means, the amount of hard work that a spiritual seeker has invested counts in his merit. I believe it is wrong to blame your *guru* that he blesses his disciples differently. It is all based on the eligibility of the disciple. If success and failure were in the hands of the *guru*, then he would complete the journey of his disciple in a moment or make him reach the state of self-realization. The life cycle of every living being is primarily based on *karma*. So, one should get involved in doing the work, only then the goal will be achieved. First, you should understand the meaning of the *guru*, "The one who is taking you away from the darkness that means the one who takes you towards the light. As the darkness gradually goes away, light is felt. The light which never gets destroyed, i.e., the truth, is never destroyed. Truth is the real *Brahman*. In other words, the *guru* serves only as a guide. He always blesses all the spiritual seekers with equanimity. Similarly, God should not be held responsible for everything that happens. God resides in all living beings and he treats every living being with equanimity.

Mataji's Invitation to Jalgaon

In July 1988, I received a letter from *Shri Mataji*, stating that "*Guru Poornima* (a spiritual festival dedicated to *guru*) is being celebrated. You should come to this festival." But for some reason, I could not go to the festival. Then, I received the letter of *Shri Mataji* in September 1988. The letter stated that, "I have come to Jalgaon for one and a half months, you can come here. Here, you will also find solitude. Reply to this letter to let me know when you are arriving?" I wrote a letter, "*Shri Mataji*, I will be arriving there in October." I also mentioned a date for reaching Jalgaon. I reached Jalgaon on the fixed date. At that time, there were not many disciples of *Shri Mataji* in Jalgaon like now. I was introduced to some of the disciples there. I also went to the *Kanv-ashram* one day, which was around 15-20 km away from Jalgaon. *Shri Mataji* had also told me a bit about *Swami ji* of the *Kanv-ashram* earlier. *Swami ji* seemed to have a temper according to what *Shri Mataji* had told me.

I and some other spiritual seekers went to the *Kanv-ashram* one day, with *Shri Mataji*. After reaching the *Ashram*, *Swami ji* came to meet *Shri Mataji* after some time. I also saw *Swami ji*. He was a tall man with a healthy body and a bright face. It was apparent by looking at him that he was a great *yogi*. Everyone greeted him from far away. There were also some delegates accompanying to *Shri Mataji*. Even then, *Mataji* told *Swami ji* about me, "He has come from Kanpur and is a good spiritual seeker." *Swami ji* looked at me with a deep gaze and asked my name. I said, "*Swami ji*, my Name is Anand Kumar Singh." Then *Swami ji* did not say anything. Instead, he kept looking at me for some time. Then he started talking to *Shri Mataji*. Their conversation lasted for quite a long time. Being asked by another woman, *Swami ji* gave his full introduction, which I am not referring to here. On the way

back, I greeted *Swami ji* from a distance; then, *Swami ji* said, "Continue your *sadhana*, work hard. You will surely experience God." I was very happy to hear these words from *Swami ji*. After coming back to Jalgaon, *Shri Mataji* told me that the *sadhana* of *Swami ji* has been very rigorous, much more than hers, but he is literally like saint *Durvasa* (i.e., known for his anger).

One day, *Shri Mataji* told me, "*Anna ji* was asking why Anand Kumar came here. He should have come to Miraj for *Guru Poornima*, why he was not there." *Shri Mataji* said, "I have called Anand Kamar here, there will be an opportunity to talk in solitude which we don't get in the crowd during *Guru Poornima* celebrations. Important things have to be discussed with him." *Shri Mataji* asked me to sit for meditation in front of her, which I started to do. My body bent forward during meditation, and my head started touching the ground, my breath started moving at a fast pace. Similarly, I kept meditating for an hour.

Shri Mataji said to me, some spiritual seekers are coming to seek spiritual initiation in the morning. She asked me to get ready in the morning for a joint meditation session. The next morning at around 8:00, 8.30 AM, some spiritual seekers gathered, and *Shri Mataji* gave spiritual initiation to all of them. Then, all the spiritual seekers sat together to meditate. I sat on one side in front of *Shri Mataji*. During meditation, my head began to tilt towards the ground by bending forward; then, my breath started moving fast on its own (*bhastrika*). In a few moments, I felt, "*Shri Mataji* is using *shaktipat* (energy transfer) from my neck to the root chakra on the spine. I could feel the touch of her thumb. In a few moments, *bhastrika* stopped, and I sat straight." Then I almost forgot myself and when I opened my eyes, all the spiritual seekers were sitting and looking at me. *Shri Mataji* was talking to the spiritual seekers in a slow tone.

After all the spiritual seekers left, *Shri Mataji* told me, "Anand Kumar, it is wrong to bend forward during meditation. It acts as an obstruction. I removed this barrier so that you could sit straight. During meditation, the spiritual seeker bends backward; he should not bend forward. Your wife has also come with you, and the effect of two more unsatisfied souls is on you." I was shocked by hearing these words of *Shri Mataji* and said to her, "Who can be these two unsatisfied souls? I had information about my wife, but I did not know about the other two souls. If two such souls would have influenced me, then I should have had some kind of trouble, but I never felt so." *Shri Mataji* said, "It is fine, but trouble comes when they enter the body. Their effect is from the outside." Then I did not say anything. *Shri Mataji* said again, "These souls will go away. I will also give *mantra* to your wife so that she will get rid of her body (*vasana-deh*). It is good that she has come with you." The next day, I asked *Shri Mataji* to allow me to leave. *Shri Mataji* told me to stay for one or two more days for the festival of *Dussehra* and to see how it is celebrated in Maharashtra.

Advice To Get Married

The next morning, at around ten in the morning, *Shri Mataji* said, "Let's go down, somebody keeps coming here, we will get disturbed." *Shri Mataji* and I went down to the flat below. *Shri Mataji* told the woman living in the flat below, "I want to talk to this boy in solitude. Someone or the other keeps coming up in the upper flat." The lady in that flat opened a room. *Shri Mataji* and I went to that room. The woman went to *Hemant Bhaiya's* flat. I was wondering, what is it that *Shri Mataji* is going to tell me that she has brought me to such solitude? I sat in front of *Shri Mataji*

by laying a carpet on the floor. *Shri Mataji* said, "Anand Kumar, you can answer my question, later on, maybe today or tomorrow so that you can answer by making the right decision."

I was a little scared upon listening to *Shri Mataji's* statement. I thought she definitely wants to say something important. *Shri Mataji* was looking at me deeply. After a few moments, she stopped and said, "Anand Kumar, your wife is no more now, and you are still young, you have a very long way to go, so you should get married, so that you should not have any regret in your old age because there is a need for a partner in old age. I suggest you get married." I froze after hearing her words. I felt dizzy. My breathing stopped for a while. And my body became inactive for some time. The gaze of *Shri Mataji* was fixed on my face. I was continually thinking about what *Shri Mataji* said. After some time, I regained my composure. My body felt a strong jerk, and tears rolled down my eyes. I folded my hands and requested *Shri Mataji*, "*Shri Mataji*, please do not ask me to get married." I grabbed her feet and began to cry loudly. *Shri Mataji* took me by hand and said, "Anand Kumar, be strong, think about it for some time. That is why I have given you time to answer. Do not think that marriage will bring obstruction in your meditation. It can be continued even after marriage. Do not think that marrying or being in a family will make you any less of a spiritual seeker than you are. There have been many great *yogis* who have done meditation despite being in household life. So, you look for a good girl and get married. Choose a girl who belongs to your equivalent caste; my blessings will always be with you." After saying this, *Shri Mataji* took a pause. I was sad to hear the name of marriage again, but I did not have any kind of pain now because now I had the firmness of mind and had already made my decision. My confidence in my decision was at its peak. I folded my hands and told *Mataji*, "*Shri Mataji*, whether you give me two days or two years, my decision is rock strong. Now

I will not get married at any cost and I am not at all worried about the hardships I might face in my old age. My goal is to do *sadhana*. If you want to bless me, then definitely bless me that my *sadhana* gets better in the future and wish me success. I have now decided not to get married.” By saying so, I grabbed the feet of *Shri Mataji*. *Shri Mataji* patted my back and said, "Anand Kumar when you have such a firm determination, my blessings are with you. In the future, you will become a good spiritual seeker and you will also get complete fulfilment.” I found these words of *Shri Mataji* very encouraging and I was very pleased.

Shri Mataji said, "I will give you a *mantra* which is called the *Shakti mantra*." By chanting this *mantra*, you will get help in raising your *Kundalini*, or it will start rising upward. But remember this *mantra* is very secret and you must not talk about this to anyone. This *mantra* was given to me during meditation. It should be appropriately spoken, only then will it be fruitful, and I will also tell you the way it should be chanted. Now let's go up, it has been a long time here.”

We had lunch in the afternoon, and after that, I rested for a bit. Then, *Shri Mataji* said, "Let's go up, and I will tell you the *mantra*." I picked up a chair and followed *Mataji*. While climbing the stairs, *Shri Mataji* said, "Anand Kumar, hold my hand.” Because she was finding it a little difficult to climb the stairs, I caught hold of her hand and gradually climbed onto the stairs, reached the roof, and kept the chair thereon, which *Shri Mataji* sat down. I sat down on the mat. *Shri Mataji* spoke, “First, learn the *mantra*, then I will tell you how to chant it.” I wrote the *mantra* on a paper and *Shri Mataji* pronounced it. Then, *Shri Mataji* said, "Listen carefully to the way I pronounce it and try to concentrate on the pitch of this *mantra*.” *Shri Mataji* had pronounced the *mantra* twice then asked me to recite it. I followed *Shri Mataji*'s commands, but my method of chanting was not correct. Similarly, *Shri Mataji* again explained to me the way to chant then I came to know how to recite the

mantra correctly. *Shri Mataji* said, “This *mantra* is very powerful. If you recite it with correct recitation, then your *Kundalini* will definitely rise. The more you chant this *mantra*, the sooner, you will see the benefits.” *Shri Mataji* also gave me another *mantra*. This *mantra* was for the worldly benefits and good business as well. *Shri Mataji* had given these two *mantras* to me for the first time. Then, I came back to the room with *Shri Mataji*, because *Mataji* had to go to a spiritual discourse in Jalgaon in a short while.

Spiritual seekers! I am not describing the *mantras* *Shri Mataji* gave me here because these *mantras* are very secret and very powerful. These will help the spiritual seeker's *Kundalini* rise and will provide other benefits too. You can ask about these *mantras* from your *guru* or guide. Then I went to the spiritual discourse with *Shri Mataji*. *Mataji* did spiritual discourse and also made us meditate there. This time, during meditation, I bent so backward that I felt I would fall behind. Then, the spiritual seeker sitting behind me caught hold of me. After that, my concentration broke.

It was time for my train. I took a leave from *Shri Mataji* to go to Kanpur (U.P.). One of the spiritual seekers dropped me to the railway station. I came to Kanpur by train from Jalgaon. This journey of mine was very successful. I was very pleased. I came home and began to practice *sadhana* rigorously.

My Wife Getting *Sadgati*

A few days later, I received a letter from *Mataji* saying, "Your wife is refusing to take the *mantra*. She is still infatuated with her child, but I will soon give her the

mantra, and she will be liberated from her body.” Eventually, she got liberation from her body. Even after that, we somehow managed to meet through *sadhana*. She used to tell me about herself. Sometimes she used to come too because I had given her the yogic strength (*yogbal*). With the aid of *yogbal* she used to visit me; otherwise, we would not have met because now she was beyond the boundaries of the earth. Sometimes, she would give me small details of the future too. Now there was no attachment or affection like before; she used to be somewhat detached. When I asked her the reason, she said very rudely, "I am doing well where I live. Do not ask me to come to meet you." Her attachment, even for her son, was no longer there. She told me that the place where she lives, there are other souls like her. Those souls have to suffer some hardship or the other. My wife also suffered the same, but she was used to it.

After several days, I again contacted her. As soon as I met her, she said, "Why have you called me now? I am no more alive. I can't meet you now. I keep missing you long after we meet, which is not good for me. I am no longer your wife. You consider me as your wife, but I am not your wife now since my physical body has been destroyed. We were related only through the physical body. So please do not meet me and have mercy on me, so that I can forget you. I cannot stay back with you for long." I spoke to her for some time; she replied, "Now you do meditation. You did not get married again, which was a good decision. It is good for our son too, but you may face trouble in the future for not getting married second time." I asked her to give me information about her world sometimes. She said, "I have told you many things; do not force me further." I said, "Whenever you feel troubled, then come straight to me. I will try to solve some of your problems in every possible way. After some time, my *sadhana* is going to get strong." she smiled and said, "It will be good for us." And she went away. So, spiritual seekers! Now you can understand how my

wife and I used to have conversations. I used to chant *mantras* and transfer *yogbal* to her due to which she did not have to endure much suffering there.

Spiritual seekers, I am writing another meditative vision related to my wife. Until now, I used to associate with my wife in a fully wakeful state. I used to talk only by closing my eyes, but this time I met her during deep meditation. It was June 1990, and it had been one and a half years since we had met. I had thought that I would meet her now. My *sadhana* had become even better than before. I sat for meditation and saw; I am standing somewhere in space. I had my right hand lifted as in benediction gesture. Then, three rays- red, yellow and blue emerged from the centre of my palm. These three rays were like rays of the sun. These rays went straight up in the sky. The length of those rays was increasing gradually. After some time, I caught those three rays like a rope in my hands. Then I started to pull those rays like a rope. For a few moments, I kept pulling those rays towards me. I heard the voice of someone moaning. I felt like someone is groaning in pain. Then I saw, there is something tied to the other end of the rays, it appeared like a dead body. The sound of groaning was coming from it; I understood that the person is not dead. I was surprised to see that person because she was no one else but my wife. The three rays were wrapped around her neck.

My wife stood eagerly in front of me and asked me to unwind the rays wrapped around her neck. I made her free, and she sat comfortably. I asked, "How come you got trapped in these rays?" She said, "It is because you have called me by your resolution. I told you not to call me. Now because you have called me forcibly, I am in so much trouble." I said, "If you were having such a problem, then why did you not open the tangles of these rays by yourself?" She replied that it was out of her calibre. These rays reached her and got tangled around her neck and started

dragging her. I said, “My intention was not to make you suffer; I made you suffer unknowingly.”

Spiritual seekers! The reason for writing about my wife here is to make all spiritual seekers aware of the fact that any spiritual seeker can connect to such souls (individual beings) after attaining a particular state. *Sadhana* should be intense for establishing such contacts; otherwise, the contact can't be established. I never met my wife again, but she herself came to meet me, the details of which have been given further. I came to know that if we kept meeting in the same way, then her next birth may be delayed. In the same way, I had connected with several souls and used to interact with them too. I used to enjoy talking to them in this way, and I used to get knowledge about such souls.

Experiencing the Distress

After returning from Jalgaon, I was again engaged in *sadhana* rigorously. During meditation, my neck got so stretched that it could touch the back. It used to get stretched to such an extent that I was not able to straighten it after opening my eyes. I used to hold my head with both hands to straighten it slowly. At that time, I had to suffer a lot. I could meditate for one and a half hours in a single stretch and managed to do so three-four times a day. I used to do *pranayama* two-three times a day and also chanted *mantras* as told by *Shri Mataji*. After a few days, the heat began to rise inside my body. It seemed that my stomach was burning. The more I practiced *sadhana*; the more was the intensity of heat I had to experience. The atmosphere at my home also started changing. Now I had to experience too much trouble in practicing *sadhana*. I even had to endure the opposition of the family. An idea struck

my mind that it is now time to leave the house and practice *sadhana* somewhere outside. But outside my home, I did not know many people to find some *ashram* to do *sadhana*. Then, I thought that if I go to some *ashram*, then I will get very little time to do my *sadhana* because I will have to do the work of *ashram* as well. I have heard a lot about the condition of *ashrams*. Many saints used to have petty fights amongst themselves at such *ashrams*, so my heart did not allow me to find such an *ashram*. You can now understand that I found myself stuck in the middle of a tide. Sometimes it seemed, how will my spiritual practice be fulfilled, but my firm determination and patience never let me down. I used to think that when I am destined to endure the pain, then why am I thinking about going away from home? It is also true that until there is no pain in life, there is no fun in living. Bigger the target, more will the problems in your way and accordingly, more hard work is required to achieve the target.

The Year 1989

Sensual Arousal

Dear readers, I apologize for what I'm about to write; these are my experiences related to sensual awakening. On the path of *yoga*, every spiritual seeker has to face this situation. Therefore, I am writing about this so that spiritual seekers can help in understanding the subject of practicing *yoga*.

The harder I did my *sadhana*, the more problems I had to face. Now I started to sense a flaw within me that kept me worried all the time. I used to think, now it is tough to do *sadhana*, I have never had this trouble before, and the trouble's name was "Lust." Sensuality inside my body had awakened. Whenever I was in my meditation, my sensuality grew fierce, but as soon as my meditation was over, there were no troubles. I used to think about what is lacking in me that my lust has arisen so fiercely. I could not understand what I should do, used to think- if anyone gets to know about this, what will they say? When I was not meditating, I was completely calm but during meditation, my condition worsened. I started to get afraid of meditation now. I was a bit relieved when I reduced my meditation time, but I had to meditate so I continued.

Spiritual seekers! You will call me shameless! I am sorry, but this happens in *sadhana*. When I sat for meditation, then again, that lust used to bother me. Sometimes I used to think about my deity, sometimes about *Shri Mataji*, but I could not find any solution to my problem. My lust became so fierce that during my meditation, I would break out in a sweat. I used to feel angry at myself. Once in anger during my meditation, I shouted, "No," and got out of my meditation.

I was on my mat, breathing heavily. I was angry at myself; I started crying. Then I prayed to God, "Oh Lord, if I continue to be like this, then I will never become a spiritual seeker, but become a person with very low values." One thing I could not understand was that something that was not part of me; how come it became so influential. Then I decided to write a letter to *Shri Mataji*, but what would she think of me, when I asked Anand about marriage then he refused, and now he is writing such things. But after all, I needed a solution to my problem, so I decided that I will tell her about this issue. She is the only one who can solve this. Then I wrote *Shri Mataji* a letter.

I wrote this letter in such a way that *Shri Mataji* would understand my feelings completely. After some days, I got a reply from *Shri Mataji* in which she yelled at me a lot. But this process did not stop, so I had to stop my *sadhana*. As I had stopped *sadhana*, slowly, my became quiet. I did not meditate for a month after that. But without meditation, I started feeling restless. So I started meditating again but this time that did not happen. Now I was doing my meditation for three hours a day and the rest of the day, I used to manage my shop.

Dear spiritual seekers! You must be thinking, why did this lust manifest in me? Let me tell you, I have not been that kind of spiritual seeker; if I were, I would have got married when *Shri Mataji* had asked me in Jalgaon. When this activity used to happen during my meditation, I could not understand its meaning. I used to think- these are the subtle desires I have inside me that are coming on the surface now. But now, as I am writing this book, I have mastered all kinds of knowledge related to *yoga* as I have travelled a long way on this path. The reality was, that by constant *yoga* practice, my *Kundalini* was arising. I wrote to *Shri Mataji* many times about my experiences related to root chakra, but *Shri Mataji* never responded. Sometimes I felt like my *Kundalini* is arising but next moment I thought if it were so then *Shri*

Mataji would have surely told me about this. *Shri Mataji* used to say to me often that the guru himself can only raise kundalini. But after several years, when I completed the whole *Kundalini* journey all through meditation and practice, I got to know everything by myself. If the spiritual seeker continues to do intense *sadhana*, then *Kundalini* can arise by itself. These spiritual seekers who raised their *Kundalini* by themselves are very powerful and can do *shaktipat* (energy transfer) on others during their *sadhana* period. Once the *Kundalini* is stable, *yogbal* increases by folds. Spiritual seekers who have had their *Kundalini* awakened in previous births and have completed the *Kundalini* journey, have stabilized and their *Kundalini* is fierce, such a spiritual seeker is capable of guiding others.

I was talking about lust, when the spiritual seeker's *Kundalini* energy comes to sacral chakra, then the lust inside him appears strongly because sacral chakra is located at the genital area. When the *Kundalini* energy reaches there, this chakra becomes more active than it was before. But when I had stopped meditating, the effect of this lust was gone. Because arising of *Kundalini* had stopped, and the energy had gone back to its subtle state in the root chakra. I never understood why *Shri Mataji* never told me about my *Kundalini* awakening, whereas she used to tell everything to other spiritual seekers. I entirely relied on *Shri Mataji* that *Shri Mataji* would inform me herself if there is anything like that. Due to some reasons, I had to reduce my *sadhana* so my *Kundalini* became dormant again. Then in January 1991, a divine power made my *Kundalini* rise again; this time, it moved up to the heart.

In February 1991, I was invited by *Shri Mataji* to Miraj, Maharashtra, at the occasion of the festival of *Shivaratri*. Then I asked *Shri Mataji* to tell me everything clearly about my state. *Shri Mataji* told me, "Anand Kumar, you must understand that your *Kundalini* is arising." I asked, *Shri Mataji* why didn't you tell me about this earlier? I thought it is not possible without the help of the *guru*. *Shri Mataji* said,

“You must have understood, is the *guru* going to tell you everything”? I was very sad to hear these words. If I knew my *Kundalini* has arisen, I would have increased my meditation time so that it doesn’t become dormant again in root chakra. When I asked *Shri Mataji* again about that how can *Kundalini* arise without *guru*, she told me, “Yes, it is right but I had taken the vow to make your *Kundalini* rise.” I understood that the divine spirit helped me in my *Kundalini* awakening. This divine spirit is my father from my previous birth. I have had my *Kundalini* arisen for many previous births and I have meditated a lot in my previous births but some karmas still remain; that’s why I am facing so many difficulties in this birth.

Cobras All-Around

This meditative vision of mine is March-April 1989. I was in my meditation, and I saw, I am going somewhere. I could see lots of vines in front of me, spread on the ground, entangled with each other. As I entered those vines and moved a bit further, I saw, those vines tangled with others were going towards the sky without any base. When I was observing carefully, I noticed a yellow snake wrapped in vines. The moment I looked at the snake, he hissed while trying to approach me. I stepped back. The snake kept hissing at me in rage. His yellow colour felt attractive to me. Then I decided to leave that path and move onto another. I was trying to make my way through the vines until a yellow snake bit me on the hand, I was surprised to find out this snake and the snake I saw before looked exactly the same. I turned to the right and tried to move on, but again, a snake blocked my path. I thought, how many snakes live in these vines. I had suddenly achieved courage; I don’t know from where it came. I wasn’t afraid of these snakes at all. I moved on crushing those vines.

I saw a bunch of snakes; they kept hissing at me. Many of them were sitting on the ground like a spiral. The ones that were on the ground were biting me on my hand constantly. I started to feel trouble in moving on as snakes were way more than the vines in number. I could see yellow snakes all around me. I could hear them breathing. At last, when I couldn't move any further and there was no place left on the earth for me to set my foot on, I stopped and started looking at these snakes without any fear. They kept hissing at me but none of them bit me. Thus, my meditative vision ended.

Meaning: Spiritual seekers! The yellow snakes represent the *Kundalini* energy that is appearing to be in many forms though all of them are the same. The lots of vines that I saw represent the network of subtle nerves in our body. Every chakra has its network of subtle nerves. I have been chanting *Shakti mantra* a lot these days. With *Kundalini* awakening, my subtle body evolves that destroys the inertness of subtle cells and radiates consciousness all around. That's why I was seeing these snakes wrapped in vines hissing at me.

Sphere of Fire and Monkey

I started seeing monkeys during my meditation sometimes. At first, I thought about why I see monkeys. What do they have to do with my meditation? But when I looked carefully, I felt like there is some connection between these monkeys and my meditation. I could see only one monkey at a time. All of them were red having a red tail. But during meditation, that tail felt much larger. The scene was like, the monkey was moving forward slowly with its tail lifted in the air. At a distance of about two feet from the monkey, I could see an illumined fire sphere. The sphere

keeps moving away as the monkey moves. After some time, this sphere of fire blows away and the monkey becomes invisible after this. And with this, the meditative vision ended. This meditative vision was always in golden light and always like this only. The only difference was sometimes the fire sphere is behind the monkey and sometimes there are two fire spheres one in the front and one behind the monkey, both maintaining the constant distance with the monkey and after the burst of the sphere of fire, monkey disappeared.

Meaning: when a spiritual seeker sees such kind of scene, he should understand that his *sadhana* is going in the fire element now. Those who have *sadhana* ongoing in the fire element, their internal development has begun. The appearance of *Kundalini* is also related to the fire element. When one sees a red monkey repeatedly during meditation, he should understand that points towards this. The blowing of the fire sphere indicates, the *vrittis* which were responsible for this kind of vision is becoming comprehensive. The vision of the black baboon during meditation is associated with *Vayu Tattva*.

Dream Indications

Spiritual seekers! We should not consider dream indications as meditative visions. But what I think is that dreaming is also a state of meditation. Dream indication means, the scene I see right now in my dream state, the person I'm talking to in the dream, that person also sees the same dream. The talk I'm having with him in my dream, he is also having the same conversation with me in his dream. It is often said, dreams are not true; it is our conscience that makes us see those dreams. It is our conscience only that creates many imaginary scenes that aren't true. The

dream is unique to a person. It has nothing to do with others but the dreams which emerge from *sattvic vrittis* always come true.

This dream indication state of mine continued for a long period. I could get information from others during this dream state. I talked to many people in this way. If I had to tell my friend something, I took the pledge to say that to him before sleeping and in the dream, I'll be telling him the same thing in the dream. My friends were surprised to find that I already knew what he saw in his dream yesterday. There was no constraint of distance in sending such messages. I performed this act only with people who were very close to me, and I never told anyone the reality about me.

I could send these dream messages to anyone; it didn't matter if I had talked to him in reality or not. To verify this, I mainly chose some such characters that I had never spoken to and sent them these messages and later confirmed somehow that they got the message. Thus, I got to know that my experiment was successful. But the other people would wonder that how come I know about his or her dream. I used to send dream signals not only to men but also to women as a part of the experiment, and they turned up 100% accurate. After some time, I stopped doing all this because I had to carry my *sadhana* forward, when I did this experiment again after almost a year and a half, I could not succeed. I thought this experiment was some *siddhi* (super natural power).

Fulfilment of The Resolution

I have written before that I had started an electronics repair shop. So, in a short time, many people around me recognized me because of my experience in the field. From assembling new sets to repairing old sets, I loved my job, but I rarely opened the store because of one reason, I focused on my *sadhana* a lot and used to travel out of town many times. I opened the store to earn enough to get by because my purpose in life was *sadhana*, not earning money. Many times, I would not open my shop even for up to two weeks. Whenever I opened the shop, I could make money. I was so good at my job that people would wait for my shop to open. After some days, I learned a particular skill. Whatever amount I thought of in the morning that I wanted to earn that day, I would get it by the evening. I would earn exactly the amount that I had thought of, nothing less, nothing more and I was astonished to see this.

One morning I made up my mind to have a huge amount of money that seemed impossible at first. But to my surprise, there was such a rush at the shop that day that by the end of the day I couldn't complete all the work and after working all night at the shop the next morning, I had earned the exact amount I had in mind. I was astonished, what is this and how is this happening. I used to tell my family members that I'm going to earn this much amount of money today, and they were all be very surprised when I returned with the same amount, I had told them. Readers! You all must be surprised how it is possible? But this is all true. At that time, I used to make whatever amount of money was required from the shop, but I never accumulated that money.

Once I received an invitation letter from *Shri Mataji* at the occasion of *Guru Poornima*. I had no money with me because I had never saved any money. Whenever

I needed money, I opened my shop and got the exact amount of money I needed. This time I wanted to go to *Shri Mataji*. So, I went to the shop and thought, “I need to go to *Shri Mataji*. So, I need the money as early as possible.” What else was needed, even after keeping the shop closed for one and a half months, there were lots of customers, and after working for three days and nights, I earned the amount of money I needed. The next day, I started my journey to meet *Shri Mataji*, where *Guru Poornima* was being celebrated. I never aimed for more than my needs. My main aim in life was to do as much meditation as I could, not earning money.

Dear spiritual seekers! Now I’ll tell you how all this happened, all this was possible because of the power of my *sadhana*, but in doing such experiments, *yogbal* is lost. I want to give you all a suggestion that you should never do such experiments. This power of *sadhana* should always be used in spiritual works only, not in any worldly tasks. I used to perform all those experiments to acquire a detailed knowledge of the power of *sadhana*. I am not among the spiritual seekers who can sit quietly. To do such works, it requires strict practice and sacrifice. You’ll get to know more about what other experiments I’ve performed. I am not including those experiments that I had done to achieve *siddhis*.

The Vision of *Adiguru Shankaracharya*

The meditative visions I’ve written till now are from 18-20 September 1984 to May 1989 because I had not written these meditative visions anywhere. I’ve written those meditative visions here that I remember mainly and that I think are worth writing. I’ll have to write too much if I start writing every meditative vision.

The meditative visions those follow now are the ones that I used to note down right after having them. In February 1994, I received an order from *Adiguru Shankaracharya*, “Write down all your previous meditative visions and write on *yoga* also.” I paid my salutations to him and said, “Lord, I will obey your orders. I need your blessings so that I can get the strength and wisdom to write the article.” *Guru Shankaracharya* said, “My blessings are with you, you will be able to write. You shall have many merits in the field of *yoga* and, you shall be able to resolve all problems related to *yoga* by yourself and achieve greatness in this field.” I said, “Lord, I request you to tell me about the super natural power of entering another body (*parkaya-pravesh*).” Lord *Shankaracharya* was astonished for a moment on hearing my request. He said, “*Yogi*, what will you do with the knowledge of this *siddhi*? You are going to get *Tattva-Gyan* in the future. Then you will not ask about this *siddhi* and you will get the answer to your question also. You will get *Tattva-Gyan* very soon and you will become the master of unlimited *yogbal*. Start complying with my instruction soon.” He raised his hands to bless me and then disappeared. Then in October 1995, *Shankraacharya Ji* and I had a conversation during meditation. This conversation was about *siddhi* but he refused to guide me about gaining *siddhi* of moving into sky (*Akash-Gaman*). He said, “I do not know about this *siddhi*; I only know about the *siddhi* to walk on water.” I said, “Then please tell me about this *siddhi*.” But he did not reply and stayed quiet. I said, “Lord, I will come to know about this *siddhi* with my own knowledge.” Still, he did not say anything and remained silent. Later on, I came to know that I was not being told about these *siddhis* on the directions of *Brahman*. Later on, I did learn about these *siddhis*.

My Trip to Miraj

I received a letter from *Shri Mataji* in the last week of May that stated, “Reach here by 15 June; the *Guru-Poornima* festival will be celebrated on 18 July, till then you can stay with me. You will get an opportunity to serve your *guru* and also get a lot of spiritual benefits.” I was very glad to read the letter that I will get to stay for such a long time with *Shri Mataji*. I wonder if any of the disciples had got the chance to stay for so long. I was feeling so elated. I decided that I will keep my shop closed for some days. My family members and my friends tried to make me understand that your shop started a few days ago and the sale is really good. Don’t leave so early for Miraj. But little did they know about the benefit I was about to get. I wrote to *Shri Mataji* that I am coming to Miraj on 15th June.

I left for Miraj on 13th June and reached there by the morning of 15th. After reaching there, I got to know that *Shri Mataji* is sick, and due to that sickness, *Shri Mataji* doesn’t allow any spiritual seeker to touch her feet. When I met *Shri Mataji*, she told me her motive behind calling me. *Shri Mataji* said, “Anand Kumar! I’ve called you here because you can live here with me. You know how to cook. That doesn’t mean you will only cook food here. You will get more time for your *sadhana* when you are here. And isn’t that what you want, doing *sadhana* as much as you can. You will be provided with a job.” I was amazed by the situation that I will get to live in *Shri Mataji*’s house, serve her, do a job for some time, and get to do my *sadhana* also. I did not say anything because I couldn’t decide what to do. I told *Shri Mataji*, “*Shri Mataji*! I own a shop 4-5 kilometres away from my house in the town. As now I have come here, the shop will remain closed so I need to get back soon.” *Shri Mataji* said, “Go home after a few days and transfer all your store accessories

to your home and then come back.” I couldn’t say anything in front of *Shri Mataji*, so I agreed.

Shri Mataji had told all the spiritual seekers that Anand Kumar would stay with her. But I didn’t want to stay at *Shri Mataji*’s place, but I wasn’t able to say this. One day *Shri Mataji* told Mr. Kulkarni, “Get Anand Kumar a job.” Then, me and Mr. Kulkarni kept looking for a job for the rest of the day but could not find one. One reason behind this was that the kind of work (related to electronics) I was expert in, was not popular in Miraj. On our way back to *Shri Mataji*’s home, I told Mr. Kulkarni that I am not willing to stay at *Shri Mataji*’s place but I can’t tell her face to face. He explained to me, “You should stay here. *Shri Mataji* doesn’t ask everyone to stay at her place. You are lucky.” I didn’t say anything. The following day, some of the job places were approached but I could not go due to some issues. *Shri Mataji* knew my will about not staying here, maybe Mr. Kulkarni told her about this, I knew this from her attitude towards me. After a few days, someone said to me that *Shri Mataji* asked Mr. Anil Tak from Pune to stay with her, but he had refused to remain at *Shri Mataji*’s home.

Three-four days after I reached Miraj, two female spiritual seekers from Jalgaon had also reached Miraj. They used to take care of *Shri Mataji* all day, later on, we became quite close to each other. We used to meditate together and helped each other in finishing work, which enhanced our *sadhana* significantly. I started having lots of visions during my meditation at that time. Many spiritual seekers used to ask me to write down my experiences. *Shri Mataji* also asked me to write down my experiences. *Anna ji* had once said, “Anand Kumar, you should buy a diary from the market and start writing your experiences in that. Maybe all your great experiences will help other spiritual seekers. I had said the same thing to *Shri Mataji*

long ago, and she started writing down experiences. Those experiences are now helping all of you.” I took *Annaji’s* advice and started writing my experiences.

I had written before that *Shri Mataji* was sick. She did not let anyone touch her feet. But one day, 4’o clock in the morning, *Shri Mataji* used *shaktipat* on me by touching her right toe on my brow chakra (*Agya Chakra*). After that, I started to be even more focused during meditation. In comparison to my home, I could meditate more efficiently here at *Shri Mataji’s* place because of the spiritual environment and *Shri Mataji* herself. In *Shri Mataji’s* meditation room, there is a small temple in which there is an idol of *Swami Sivananda ji (Shri Mataji’s Guru)*. I used to worship *Swami Sivananda ji’s* idol. All spiritual seekers used to chant *mantras*, recite *Hanuman Chalisa* together, so there was a spiritual atmosphere all the time.

The Vision of *Kundalini Shakti*

Now my meditation was becoming very deep. I had pain and strain in my root chakra. One day, during meditation, I kept bending myself forward, and my forehead touching the floor. I starting breathing rapidly, my breath was clashing with root chakra that increased the pain in root chakra, and for a few moments, I went very deep into my meditation. Then I realized, Lord *Vishnu* was standing in front of me wearing a yellow robe with a smile on his face. He was wearing a beautiful garland. He has four arms, carrying conch, *Chakra*, mace, and lotus in them. I was delighted, Lord *Vishnu* was standing right in front of me and a ring of light was surrounding him. For a few moments, I kept looking at him. Lord *Vishnu’s* body became so transparent that I was able to see root chakra in his body. Then I saw a very thin illuminated line originating from the root chakra moving upwards. This line stopped

after reaching the neck. After some time, it became invisible. Then a very bright line arose from root chakra and moved upwards in a spiral form rapidly. It disappeared at the neck. This process kept repeating itself. At that moment, Lord *Vishnu*'s body seemed transparent to me. After some time, Lord *Vishnu* disappeared and my meditation ended.

I knew what my meditative vision meant, but still, I wanted to hear about it from *Shri Mataji*. I told my meditative visions to *Shri Mataji* and asked what they meant, *Shri Mataji* said you had seen *Kundalini* in your vision. I still remember this line.

The Vision of *Shiv-ling*s

Once during meditation, I saw that *Shiv-ling* is present on my brow chakra. I kept looking at it for a few moments before it became invisible. After some time, I saw it again, high peaks that are self-illuminated. Between these peaks, there is flat ground on which there is a *Shiv-ling*. I stared at the *Shiv-ling* for a few moments then drowned in the depth of meditation.

After some time during my meditation, I saw, I was moving towards a snowy area. As far as I could see, only snow was visible. After walking for some time, I stopped when I saw a cave in front of me. In that cave, a huge *Shiv-ling* was present. I thought, the *Shiv-ling* is looking so beautiful in this snowy place. In a few moments, my meditative vision ended.

Spiritual seekers! Later I came to know that it was *Shiv-ling* of Amarnath. I thought I could not go to Amarnath, but I got to see it during my meditation.

After a while I saw, there is a very beautiful door of gold. As soon as I reached the front of the door, it opened by itself. I entered in, then another door appeared which also opened when I arrived in front of it. In the same way, six doors were found that opened automatically. Then a very beautiful *Shiv-ling* appeared. The light was spread around the *Shiv-ling*. My sight was focused on the *Shiv-ling*, then the *Shiv-ling* disappeared. Then I found myself standing in space.

Meaning, these doors, which were opening automatically, were chakras situated inside my subtle body. It means, my *sadhana* will reach the sixth chakra very soon. This meditative vision is related to the sixth chakra.

Siddhis of Distant Vision and Distant Hearing

Nowadays, my practice was very intense. I was addicted to meditation. I felt like I should always keep meditating. The practice became so extreme that when I used to sleep, I would sit on meditation automatically while sleeping. When my attention was broken, then I realized that I was meditating the whole time. I would sit in a meditative state for one or two hours; this used to happen between 1'o clock and 3'o clock at night. I did not feel sleepy at all during the daytime because I didn't know how much I slept in the night. Well, I used to sleep at 12'o clock in the night and wake up at 4'o clock in the morning.

When the spiritual seeker starts meditating in sleep, and he could not know when he began his meditation, then he should understand that he is making progress in *sadhana* very fast. This happens due to excessive practice. The physical body sleeps while the subtle body forces the physical body to sit on meditation and the

process of meditation happens in the subtle body. A spiritual seeker who does such a strict practice is very rare, one in a thousand.

A surprising activity had started to happen. This used to happen in the awakening stage. I am sitting anywhere, such as sitting in a crowded place, then my eyes would close automatically anytime. I would almost forget about myself for a moment. At the same time, I would see the scene of a distant place and hear voices from that place. This was a quick process. I used to think, what kind of activity is this that closes my eyes by itself. Sometimes this happened that I was sitting amongst spiritual seekers and my eyes would close automatically. Then again, the scene of some distant place would appear along with the voices from the same place. This process lasted for 10 seconds sometimes but sometimes for 2-3 minutes.

One day I was sitting in front of *Shri Mataji*. *Anna ji* was chanting, and *Shri Mataji* and I were listening to him. At the same time, my eyes closed, my mouth opened and after a few moments, my eyes opened. *Shri Mataji* was looking at me because she was sitting in front of me. Then in a few moments, my eyes closed and opened after almost half a minute. I was shocked because *Shri Mataji's* gaze was focused on my face. *Shri Mataji* smiled when she saw me startled. I felt guilty like I was caught red-handed but what could I do? I was not sleeping. It wasn't laziness; I felt like, when I closed my eyes, my neck bent slightly on one side. Most of the time neck turned on the right side; some other person would think I had slept due to boredom. But I could not stop this activity, because I did not even know when this process would take place. I came to know about this activity only after its occurrence. Those scenes that I used to see during this process were very good. The sound heard was so loud that it pierced my ears.

When Anna *ji* completed his reciting, then *Shri Mataji* said, “Anand Kumar! This process that happens with you is called distant-vision, distant-hearing *siddhi*. Due to its effect, your eyes close themselves automatically. At that time scene of any place, friend, relatives, etc. are seen, and their voices are heard too. This process is very fast; the spiritual seeker feels very good. One can get information about any place in a flash. When Anna *ji* was reciting, I knew instantly you were going through this process.” I asked *Shri Mataji*, “I did not know that this is a *siddhi* and I did not dare to ask you about it. I used to think about why this happens to me. Why do my eyes close when I’m not even sleeping? When Anna *ji* was reciting, I saw a scene at Pune railway station. The train was about to depart and it was being announced on the loudspeaker.” *Shri Mataji* said, “What you saw must be true, but you must never misuse this *siddhi*.” After this *Shri Mataji* went into the kitchen. I was very happy to have accomplished this *siddhi*. I told some spiritual seekers present there that I have received this *siddhi*.

I was extremely happy about achieving this *siddhi*. I thought, now I should practice even harder, but I didn’t have any time left to increase my *sadhana*. I already meditated a lot. Some other spiritual seekers had also come to *Shri Mataji*. I had to talk to them and do some household work too. An idea came to me that this *siddhi* continues to work on its own and keeps giving me information. Can I use this *siddhi* as per my will? I thought, if I ask *Shri Mataji* about this that how does this *siddhi* work? Will she tell me? Maybe *Shri Mataji* will get angry. So, I decided, I would gather the knowledge myself about how this *siddhi* works. As soon as I remembered the *siddhi* and started to chant *Omkar*, *siddhi* started working. I had thought of a relative of mine and in a moment all the information about him was found. Now I was very pleased that I was able to know anything about anybody.

When I told some spiritual seekers about this *siddhi*, they were also pleased and started asking for even more details about the *siddhi*. I said, I can get information related to anyone in a moment. At the same time, I gave them some more information that later turned out to be true. When I wanted to, I used to get all the information about my house (Kanpur, U.P.) sitting here in Miraj. These scenes would appear like television to me the moment I wanted. But for some days this was happening a lot. Now I started thinking, it would be good if this *siddhi* starts to work less because it is interrupting my *sadhana*. I told everything about the *siddhi* to *Shri Mataji*; she said, “you should stop this *siddhi* by resolving and I will also resolve so that this *siddhi* doesn’t work. Otherwise, your meditation will be obstructed. You should stop using this *siddhi* to collect information about anyone and gradually its effect will fade away. This *siddhi* is very new for you; that is why it is working so fast.”

Dear spiritual seekers, this *siddhi* began to slow down in a few days, but the process didn’t stop completely. This *siddhi* could be used to know the extreme secrets of anyone and what is happening at that time. You should not fall for this *siddhi* as it is a barrier to practice. I have received lots of information using this *siddhi*; writing them down would not be appropriate. If the spiritual seeker doesn’t use this *siddhi*, it becomes inert. If the spiritual seeker keeps using, it will work rapidly.

Throat Chakra Opened Slightly

You might be thinking that why the throat chakra is slightly open, why not entirely? What kind of *chakra* is it? Spiritual seekers, throat chakra, is the most complex chakra amongst all chakras. This chakra doesn't open easily; it takes time. The spiritual seeker has to meditate very hard for many years to open this chakra. Sometimes, Spiritual seekers spend their whole lifetime trying to open throat chakra, but it does not open. The Spiritual seekers who have done *sadhana* in past lives or are *yogis* from a previous birth, even they have to work hard for many years in the present life. Then their throat chakra opens. throat chakra's structure is such that Spiritual seekers are unable to open it quickly even after an arduous practice. There is a lotus of sixteen petals at the throat chakra. These petals are the abode for most of the goddesses. Individual soul and ignorance also reside here. The four chakras located in the lower part of the throat chakra open easily and the *prana* keeps rising with the support of the spine but it can't go any further than the throat chakra. There is a knot blocking the further path which is a cluster of subtle nerves. When the *prana* tries to move further upwards, the neck bends backward due to the excessive pressure of the *pranas*. This leads to great difficulty for the spiritual seeker as to how he has to meditate with his neck bent back.

It's been almost five years since I started my *sadhana*, and now, those practices have made a little effect on this knot and this is why I also practice *pranayama* and physical exercises regularly. You must be aware by now how rigorous I'm in meditation, and I was a *yogi* in previous lives also. Now there is some success; that is, the throat chakra has opened a bit, and from this opening, little *prana-vayu* reaches my brow chakra. This causes a little tickle on the forehead and sometimes it feels like ants are biting. Therefore, now I'm able to have the

experiences of brow chakra too. In this state, *prana* usually stays at the throat chakra and the *prana* reaching the brow chakra also comes back to the throat chakra. Reaching of *prana* up to the brow chakra is called *gati* (movement). But in this state, the *prana* stays at the throat chakra. The vision of *Shiv-lings* comes when *prana* reaches the brow chakra because brow chakra is Lord *Shiva's* abode. As soon as I sat in meditation, I would know that a part of my *prana* has reached the brow chakra and I knew when it came back to the throat chakra

Once during my meditation, I saw, I am sitting in meditation and very bright light from the space like a flashlight, is falling on my head. I was standing away watching my body on whose head the light was falling. Then I looked towards space, and it appeared, the light was coming from a faraway place above. The source of this light was not visible.

The next morning, I started meditating, and my meditation was pretty good. I was in deep meditation for quite a long time. Then I had a meditative vision, it was absolutely dark. In that darkness, I could see two fingers raised upwards. Later the hand became visible too. I couldn't understand to whom these fingers and hands belong?

Meaning: is related to *the* soul and the supreme soul.

One evening, I was in my meditation while *Shri Mataji* was sitting in front of me. Some other spiritual seeker brothers and sisters were also meditating with me. During my meditation, I saw, I was looking downwards. After a few moments, I saw a *shiv-ling* that was very beautiful. Then something red like hot glowing gold started to appear, wrapped around the *shiv-ling*. It seemed as, something like a rope was

wrapped around the *shiv-ling* then slowly, the scene started fading and became invisible.

Meaning: this is a scene of the root chakra. There is a triangle in root chakra, and at the centre of this triangle, I saw *Kundalini* in the form of a rope wrapped around it.

It Will Take Time to Open Divine Vision

I had this meditative vision in my dream state, I am sitting at someplace, and sister Kavita came to me. Sister Kavita sat down at a little distance in front of me. There is a petal of rose in my hand. I was looking at that petal when Sister Kavita said, “look at me, Anand Kumar.” I started looking at her. She then put that petal of rose on her forehead. Then she said, “Anand Kumar, can you see something here?” She was pointing towards her *Agya Chakra*, so I started looking carefully but couldn’t see anything. I was looking at sister Kavita’s eyebrows. Then my meditative vision ended.

At the time when I had this meditative vision, Sister Kavita was also staying at *Shri Mataji*’s house. I thought, I will tell sister Kavita this meditative vision myself and ask her the meaning of it. In the afternoon, when all the spiritual seeker brothers and sisters were sitting together, I asked sister Kavita the meaning, making brother Anil an interpreter. At first, she refused but on insisting she told me, “Anand Kumar, it will take time for you to get divine vision.”

Sister Kavita comes from a nearby place, Malgaon. She is ahead of me on the path of *sadhana*. She has the ability to tell the meaning of these meditative visions; therefore, I asked her. At that time, she didn’t know Hindi so I had to make brother

Anil an interpreter. In the future also, I took guidance from her many times. I have very much respect for her in my heart.

The Vision of Two Divine Lights

Today, on the evening of July 1, 1989, I meditated for nearly an hour and fifteen minutes. I had a meditative vision, I was completely surrounded by darkness, and in this darkness, I could see two flames at some distance. There was a small aura around both the flames. I had seen one flames before during my meditation, but this was the first time I was seeing two of them. I kept looking at them for some time, then both of them disappeared and the meditative vision ended. When I asked *Shri Mataji* about what this meditative vision meant, *Shri Mataji* told me, “One flame represents individual being and another one Lord *Shiv*.” I thought, maybe I saw those flames in my vision because my *sadhana* is on throat chakra now and *prana* reaches brow chakra too sometimes. throat chakra is the place of individual soul and brow chakra is the place of Lord *Shiva*, that’s why I saw both of them together in my meditative vision. As I have written, I used to see one flame earlier because my *sadhana* was on *Kantha Chakra* at that time. Now, little *prana* began to *reach* brow chakra also, so I had this meditative vision so many times.

Shri Mataji told me the meaning of this experience, “one represents individual being and other Lord *Shiv*.”

Let me tell you these flames are nothing but *vrittis* of the subtle *Chitta*; that is, these *vrittis* take the form of flames but they represent individual soul and *Shiv*. They’re not individual soul and *Shiv*.

Heat

I started feeling too much heat in my body nowadays, especially around my navel. Sometimes the heat would move towards the heart. This heat became even more intense at the time of meditation. Root chakra always remained heated. Even in the normal state, the breath used to collide in the root chakra. Because of breathing, root chakra was in pain during meditation and sometimes even after meditation. I asked *Shri Mataji* once, the heat inside my body has increased so much, and the root chakra is always in pain. *Shri Mataji* did not answer, nor did she give much consideration to my point. I was having a lot of trouble at that time. Due to the pain of root chakra, all my attention was concentrated here. After a few days, this activity stopped. Such activity had also happened before and then also it stopped by itself.

Spiritual seekers! At that time, I did not understand the meaning of this process, but now I understand this very well. It means this is the time to awaken the *Kundalini*. But I don't know why *Shri Mataji* did not tell me what it meant. *Shri Mataji* felt a little upset with me at that time. The reason for this was, I was not going to stay in Miraj forever and I had not taken the job for which I was called here. One more thing, I never used flattering words for *Shri Mataji* as other spiritual seekers did and I was called dry for that. I was told many times, "You are very harsh, that's why there is no progress in your *sadhana*. If you had devotion in you, you would be much ahead in *sadhana* as compared to where you're now". I used to be sad over the fact that the words that came out of me were not the words of devotion. *Shri Mataji* told many other spiritual seekers in front of me, "your feelings towards the *guru* are very sacred; you are simple; your *Kundalini* can rise very easily." I thought, their *sadhana* is not that good yet their *Kundalini* can be awakened and I am way

ahead of them in *sadhana*, yet my *Kundalini* can't be awakened just because I am rude. But what could I say? *Shri Mataji* was my *guru* after all. Let me tell one thing, I understood everything but I still had to practice *yoga* and for that, I needed a guide or *guru*.

Various Experiences

Today, 2nd July, in the morning, I was in meditation. Nowadays, during meditation, my focus was on the brow region because some part of *prana* stayed at the brow chakra. I saw a bright red dot on the brow region; this dot was spherical.

Meaning: the red colour is a symbol of the fire element and *Rajoguna*.

At eleven o'clock or around noon during my meditation, I noticed, a light-yellow snake at some distance is hissing at me. After my meditation was over, I knew this snake was a form of the *Kundalini*.

These days I was experiencing lots of activities (*kriyas*). I'm not describing these activities here, but all of them always mean something. Even when I was sleeping, I would sit in meditation automatically. Spiritual seekers! Having more activities is an obstruction for practice because the mind is not concentrated while these *kriyas* are happening. Therefore, *guru* should stop these *kriyas* from happening using his *yogbal* or spiritual seeker should ask *guru* for help in stopping these activities. The spiritual seeker should remain very pure at that time and he should also practice *pranayama* a lot. There comes a time in every spiritual seeker's *sadhana* when some postures happen and every single posture has a certain meaning.

These postures show the abilities of the spiritual seeker. One can know the state of the *sadhana* of a spiritual seeker just by looking at his postures.

Nowadays, there was a tremendous amount of vibrations in my body parts during sleep. Sometimes this vibration was so much that it woke me up. It felt like there is an earthquake inside the body. Spiritual seekers! Such vibrations in the body show the extreme levels of the *sadhana* of the spiritual seeker because, in this state, *Vaayu Tattva* is more active when the physical body is calm than *Vaayu Tattva* would do its work which caused the vibration inside the body. When a spiritual seeker practices a lot of *pranayama* then after a long period, he starts feeling vibrations in his body.

Today, 4th July, in the morning, I saw a flame during my meditation. This time size of the flame was very large. And in the evening, I saw a *Shiv-ling* in my vision during meditation.

These days it feels like I have become very light. After the meditation, this feeling of lightness increases. Due to which, there was a lot of energy in my body, and laziness was nowhere to be found.

Meaning: this is because when the inert matter of spiritual seeker's body starts decreasing, its inertness also decreases; therefore, the spiritual seeker feels light.

Shiv-lings All-Around

Today, 9th July, in the evening, I was doing meditation. *Shri Mataji* used *shaktipat* on my brow chakra. It felt like I have come very high above the ground.

My *prana* and mind have come to brow chakra. During my meditation, it felt like I have come very high in the space, and my body felt very light. After some time, I went into deep meditation. I had a meditative vision; I could see earth far and wide. It is greenery all around. I felt like I'm sitting in the space. Then a huge black *Shiv-ling* appeared in the space. After a while, a lot of *Shiv-lings* began to appear in space. Space was filled with *Shiv-lings*. Now I started looking down towards the earth, whichever way I looked a *Shiv-ling* appeared there. Earth would crack at the places where *Shiv-ling* manifested. *Shiv-lings* could be seen all around, be it ground, be it a garbage dump, be it ruins. Now earth began rotating, wholly covered with *Shiv-lings*, the scene was lovely.

I was looking at the rotating earth and space and could see nothing but *Shiv-ling*. Then in a few moments, all *Shiv-ling* became invisible. Then, a *Shiv-ling*, very large, permeating the entire space appeared. Earth was also rotating inside this *Shiv-ling*. The *Shiv-ling* was bright white, and on top of it, some special flowers were kept. This *Shiv-ling* could not be seen at once. To see it, the vision has to go from top to bottom. Then I realized that I'm in meditation and thus, my meditative vision ended.

Only a little part of my *prana* used to reach brow chakra because the throat chakra was not completely open. Due to *prana* reaching the brow chakra, *gati* of my *sadhana* was on brow chakra. Prana and mind both were at brow chakra; *therefore*, I saw *Shiv-ling* all around me. The appearance of *Apra-Prakriti* is similar to *Shiv-ling*. "*Linga*" means, in expressed form. This *Apra-Prakriti* is also called *Linga* and *Para-Prakriti* is called *Alinga*.

Third Eye

Ever since my *prana* started reaching brow chakra, my head began to feel heavy, and I started having a headache too. This pain was because of the impurity in the subtle nerves. To purify the subtle nerves, *prana* used to pressurize the air into subtle nerves; this pressure was giving me a sense of pain. There was a little relief on doing *pranayama*. Today, 10th July, in the morning, I was sitting in my meditation. I saw an inch long vertical line of light on the brow chakra. My focus became concentrated on the light. This bright line of light was moving up and down. I saw something in that light. On looking carefully, I noticed it was an eye. This eye was vertical but closed. Even when the eye was closed, it looked very beautiful. In a few moments, this meditative vision ended. When I told *Shri Mataji* about this meditative vision, she told me, this is your third eye, it is closed now. It will take time to open.

After the meditative vision mentioned above, I had another meditative vision, there is pitch dark. I am looking into that darkness. After a few moments, a light source appeared in that darkness. Gradually the light beam became larger and transformed into a *Shiv-ling*. *Shiv-ling* was white in colour and huge in size. *Shiv-ling* had some beautiful flowers on top of it. I was delighted to see the *Shiv-ling*. Then a voice came out of my mouth, “Lord! It’s you in the form of *Shiv-ling*.” The next moment, *Shiv-ling* began to move away from me in the space and became invisible. Thus, this meditative vision of brow chakra ended.

I was in meditation at noon. High mountains began to appear. Then I started moving forward-looking at the valleys of the mountains. On moving forward, I saw, there is a source of water, having still water in it. While traversing through the deep valleys of the mountains, the water transformed into a river. I started thinking, what

is this place I'm seeing. Suddenly I started talking to myself, "This is the river Ganges."

Now-a-days I used to see a red dot on my forehead often during meditation. Today I saw a yellow dot too.

Meaning: Yellow dot is a symbol of earth element. The red dot is a symbol of fire element. I see different types of *Shiv-ling* every time. Some self-illuminated *Shiv-ling* look very beautiful.

Shri Mataji wanted me to stay in Miraj, but my desire was not to stay there. I could not tell *Shri Mataji* clearly that I did not want to stay there. So, I wrote her a letter. I wrote, "*Shri Mataji*, you're all-seer (*Trikal-darshi*). Please tell me where I should stay because I am not willing to stay with you?" *Shri Mataji* responded with a letter; I can tell you where you should stay if you want to know. If you don't want to stay here, then you can leave for your home after the celebrations of *Guru Poornima*. I was very happy to read this letter because now I had permission to go home. After *Guru Poornima*, I came to Pune with brother Anil to his home because I had reserved my tickets for Jhelum Express from Pune.

The Vision of Lord *Ganesh*

I had this vision at *Anil bhaiya*'s house at Pune. Let me tell a little bit about him, he is a very polite spiritual seeker by nature. He has a very good heart, and we are getting along quite well these days. That's why I have come here with him to Pune. Then, during the midnight of 19th and 20th July, when I sat for meditation, firstly,

various kinds of kriyas happened, then I went into a very deep meditation very soon. I saw a light source appearing in the darkness. As I kept looking at the light source, it transformed into Lord *Ganesh*. Lord *Ganesh* was sitting in a ring of light around him and looking towards me. My eyes stopped at Lord *Ganesh*'s forehead; the light was emerging and then disappearing on his forehead in spherical form. I was watching this process when I noticed their third eye. I said, "Lord! I can see your third eye." But he didn't say anything in response but his shape started to disappear. Meditative vision ended.

Meaning: Lord *Ganesh* is the god of root chakra. This chakra had evolved in me; that is why I saw him. Seeing his third eye means, I'll get my divine vision soon.

20th July, in the morning, during meditation, I saw a very beautiful *yagya-kunda*. *Kund* was very decorated and had beautiful carvings. I was looking at the *yagya-kunda* as the flames of the fire within were rising. Then these flames gradually decreased. And eventually, these flames became limited to the lower part of the *yagya-kunda*. As I peeked in the *kund* to see the flames, it seemed deep. Lord *Ganesh* was sitting in the lower part of the *kund*. I said, "Lord, why are you sitting in there?" But he did not say anything. Then my vision ended. After the end of the vision, I was laughing by myself saying, what are you doing in there?

Meaning, Spiritual seekers! This vision of the *yagya-kunda* is of root chakra. Lord *Ganesh* is the god of root chakra.

These days, I see earth far and wide surrounded by greenery during my meditation. I see large trees, flat grounds. Spiritual seekers! When *prana* reaches brow chakra then such scenes appear, flat ground, Lord *Shiva* sitting in meditation.

Meaning: the flat ground appearing in the surface of spiritual seeker's *chitta*. The one which I'm repeatedly calling earth is nothing but the surface of *chitta*. These kinds of visions are often seen in the beginning of the opening of this *chakra*.

Into The Space by Causal Body

21st July, in the morning, I had a vision, I got out of my physical body, and I could see it sitting in meditation. Then my subtle body started moving towards space crossing the ceiling of *Anil bhaiya*'s house. It did not feel any obstruction because of the ceiling. While going up in space, I looked towards the earth. Its appearance was like a small ball. I was going up in the space at a high pace. The earth disappeared from my sight. After a few moments, I stopped in space. Another body emerged from my subtle body and I could see my subtle body now. It was standing like a statue in human form. It was made of white light like the physical body. It was bright and transparent. I began moving up in the space with very high-speed leaving the subtle body behind. After some time, I saw a sphere of light similar to that of the Sun which was stable at its place. I stood by it. Tempted by the desire to hold it in my hands, I raised my hands but couldn't catch it because it was made of light. I was facing the sphere while lying on my stomach in front of it. My body was rotating around the sphere as the earth rotates around the Sun. It was just me and the sphere in the space. Then the sphere became invisible. At the same time, I stood upright and started moving down towards my subtle body at high speed. The subtle body was standing like a statue. I stopped in front of it and entered it. Subtle bodies began to move towards the earth at a high pace. On earth, I stopped for a moment over Pune, India. Then I came in front of my physical body and I saw, my physical body is in

meditation, I entered into the physical body. My meditative vision ended. I was in meditation for almost an hour and fifteen minutes which means I was in space for that much time.

Meaning: Spiritual seekers! In this vision of mine, I feel like three separate bodies, the physical body, the subtle body, and the causal body. *The* physical body belongs only to the physical world, the subtle body belongs to the subtle world and the causal body belongs to the causal world. The motion of the subtle body is limited to the subtle realm. The subtle body can travel only until its density matches that of the subtle world. When the density decreases, the subtle body can't go any further because the densities don't match. Therefore, the causal body had to come out of the subtle body and started moving on because the density of the causal body is less than the subtle body by a significant amount. I want to catch that sphere of light but can't because that sphere has a density lower than the causal body.

The sphere of light, similar to the moon in the form of "*Ritambhara-Pragya* ." At that time, I could not understand *Ritambhara-Pragya* but now I know about it. I have been practicing meditation in many previous births; this is my last birth. In the last birth, *Ritambhara-Pragya* originates in the *chitta* of the spiritual seeker. Through this, one attains *Tattva-Gyan* and destroys *avidya*. In this vision, when I saw this scene, I should understand that I will attain *Ritambhara-Pragya* soon and through that *Tattva-Gyan*. *Ritambhara-Pragya* is the enemy of ignorance; that is, it destroys ignorance from its roots.

22nd July, I saw in my meditation, a thin white transparent subtle nerve is visible from root chakra to *Brahmarandhra*, touching all the chakras. Over this subtle nerve, there lies an area of the *Brahmarandhra*. Many types of activities and

postures happened while I was meditating but I'm not mentioning them here. Sometimes these postures were a little bit painful.

Meaning, the transparent subtle nerve visible in my meditative vision is *Sushumna*.

ॐ (OM) in the Space

During meditation, I heard a voice, "Look at me." This voice had come from space; when I looked into space, I found something written. I looked all around in space and then I could read that word. ॐ(OM) was written in the space. This could not be read by looking once because it was written in the whole space. I had to look from one side to the other side in space, then only I could read this ॐ; it was made of light.

Once during meditation, I heard, *Guru-Nanak Dev Ji* is very close to liberation. Their five disciples are far away, but the names of these disciples were not mentioned. *Guru Nanak Dev Ji* had introduced Sikh Religion, so Sikhs consider him as God.

Once during meditation, I saw that I was looking towards the sky. I saw, a divine light appears in the east direction and then disappear. This activity is happening again and again. Then I could not understand why is this happening? At that time, I heard a voice from the sky, this is happening due to the *Mrityunjaya mantra*. Then my vision ended.

Meaning: when the spiritual seeker chants the *Mrityunjay mantra* very much, then it affects his *chitta*. That is why the divine light was appearing and disappearing again and again.

Nowadays, I am seeing unsatisfied souls in my dreams very frequently. Sometimes I saw, some souls have food, some are waiting for food. Some unsatisfied souls asked me for food, but I could not fulfil their desires. If I gave food to anyone, then I would get crowded by such unsatisfied souls, so I did not give anyone any food.

Today, 11th August, I saw during meditation, there is a very beautiful woman in the space; a ring of bright light is spread around her. The beautiful lady is standing there wearing a red *saree* and a crown on her head and smiling at me. That beautiful lady started explaining about nectar to me. She said, “Nectar is of three types.” She then described the three types of nectars that had very weird names. At that time, there was a noise outside the room, due to which my concentration broke. So, I could not hear further about nectar.

I saw during meditation; I am standing in space. In front of me is a very beautiful *Shiv-ling*. Flowers are kept all around the *Shiv-ling* and even on the top of it. Light is spread around the *Shiv-ling*. Slightly above the *Shiv-ling*, ॐ was written by light in the space. Then I started seeing both the ॐ and the *Shiv-ling* together. My meditation ended, and I felt like my brow chakra is hurting.

The Vision of *Brahmarandhra*

Today, 23rd August, it was during meditation. I saw in a vision, I am inside my physical body, looking upwards. In the upper part of the head, a semi-circular spot filled with very bright light was visible. I said to myself, this is the *Brahmarandhra*; therefore, the only light is visible inside it. Spiritual seeker sees that there is only light inside the *Brahmarandhra*. When the spiritual seeker's *prana* comes in *Brahmarandhra*, then he enters *Nirvikalpa Samadhi*.

Now during meditation, my mind used to go towards the upper part of the head and stop at the *Brahmarandhra* door and the pressure of the air-filled inside the head remained focused on the lower part of the *Brahmarandhra*. Let me tell you one thing that the *prana* used to stay at the brow chakra and the air-filled in subtle nerve of the head would be focused on the upper part. For the first time, when the air went in the upper part of the head (under the *Brahmarandhra*), there was a tremendous vibration in my body. Air that acts in the head is called *Udana Vayu*. This *Udana Vayu* resides inside the head above the throat. Only a *yogi* can keep this *Udana Vayu* under his control. After death, this *Udana Vayu* helps in reaching the upper *lokas*. The upper part of the head where this *Vayu* is sensed is the lower part of the *Brahmarandhra*. My throat chakra is not yet completely open. Now, my concentration during meditation has improved very much because the mind is focused on brow chakra and *prana-vayu* also stays at brow chakra.

Today, 27th August, my mind became completely concentrated, and I went into deep meditation. I saw, very bright light is spread around the space. The light is so bright that my eyes are dazzling. The light of the Sun is like a firefly in front of this light. Then the light disappeared. After some time, I saw, there is a very beautiful

throne made of gold in the space. It is clear from the beauty and texture of this throne that it is divinely.

Meaning: to see a golden throne in space means, the spiritual seeker's *Kundalini* has awakened but hasn't arisen yet.

Lord Shri *Krishna*

I was very ill for the last four-five days. There was no one at home; everybody had gone to Delhi. I was so ill that I could not even get up and sit. I couldn't cook for myself either, so I was hungry for two days. The body was feeling very weak due to illness and hunger. I was very thirsty, but there was no water available in the house. I was getting angry at myself that my *karma* is so bad that I am craving for water. I thought, "I should rather die." Being sad, I said, "O God! I am yearning for thirst in my house. What good is this body when I can't even drink water? You better give me death than this. What did I gain from *sadhana*, I am suffering in my life anyway." My body was burning because of a fever. After some time, I fell asleep. In my dream, I found myself in a very beautiful forest that looked like a garden. As I moved forward in that forest, I heard a very pleasant voice of flute. I stopped and thought, where this voice of flute is coming from? I started walking towards this voice. I was stunned when I saw Lord *Krishna* sitting under a tree wearing yellow clothes and beautiful garlands in the neck, holding the flute with both hands. I was seeing the appearance of Lord *Krishna* when there was a loud voice in the sky, "Anand Kumar! Ask Lord for whatever you want." I laughed after hearing this and then said to Lord *Krishna*, "Lord, you do not even wear clothes on the body (just a few), what could I ask from you?" I became silent by saying so. I had joked with

Lord *Krishna*. Then the voice came again from space, “Anand Kumar! Ask Lord for whatever you want.” This time I didn’t say anything; I just looked at the space because the voice was coming from the space. The voice came again for the third time, “Anand Kumar! Lord is standing in front of you. Ask for whatever you want.” This time I started crying loudly, laid down on my stomach in front of the Lord and said, “Lord, I don’t want anything. If you are pleased with me, I want your grace.” By saying this, I stood there with my hands folded. Tears were flowing out of my eyes. Then Lord *Krishna* became invisible in front of me. At the same time, I saw Lord *Krishna* as a child. He was like a two-year-old boy, with a peacock feather on his head, laughing at me. Then my eyes opened and this vision ended.

I heard the sound of the lady in the neighbourhood, so I called her and told her everything. She brought me water and food after some time and told me, “I will give your food till you are sick.” I felt some relief after drinking water. Now I started thinking about how beautiful the vision was. It was on the 5th of September.

These days my focus was in the upper part of the head. After meditating for some time, there was a burning sensation around navel as if the stomach was burning. The abdominal lock was also applied, and the stomach would collapse into the back which caused a lot of pain in the root chakra. The abdominal lock would be so tight that it would not open easily.

On 18th September, I saw *Kundalini* in the form of a yellow-coloured snake during my meditation. It was so close that I could see my reflection in its eyes.

Letter from *Shri Mataji*

I had written to *Shri Mataji* a long time ago, the reply to that letter came now. *Shri Mataji* wrote, “Many blessings to you, Anand Kumar! I received both your letters. You certainly took something good from here (Miraj). All your visions are real. Many types of visions are seen during meditation. Explaining every vision is very difficult and I don’t have that much time either. Now, I don’t want you to have too many visions and you can be able to understand the ones you see by yourself. Your mind should be calm and stable. The vision of *Brahmarandhra* is genuine. But this is a vision not a feeling.

Today is an auspicious day. It’s *gurudev*’s birthday (20th September). Everything is going fine and, your depth during meditation is good too. Now you may try to go even deeper in *sadhana*. You should not have the visions, be calm. These visions are obstructions during meditation.”

“Your *Mataji Malti Devi Bal*”

Fire All-Around

In the letter, *Shri Mataji* asked me to focus my mind on the navel. I started focusing my mind on navel. In the beginning, it was strange to concentrate on the navel. At first, I felt pain around the navel. This sequence continued for a few days. Then navel started becoming very hot, which caused little trouble during meditation. I saw fire around the navel during meditation. Sometimes, even when I was dreaming, I saw fire around my navel. Sometimes, I saw fire whenever I closed my

eyes. Once I saw during meditation, someone is blowing up the fire, which ignited it even more. At that time, the stomach was in bad condition; it seemed like it would burn. Then this fire started moving towards the heart. It seemed as if the heart would burn. The condition was the worst at night, because the stomach and heart used to get so hot that I could hardly sleep. Now the burning sensation of the navel was a bit relaxed but the burn in the heart was making me suffer a lot. Drinking water was of no help at all. I wrote a letter to *Shri Mataji* but got no response.

These days, I was having a lot of trouble in defecation. I could not defecate for two days in a row. There was always a burning sensation in the heart. Once I saw during meditation, there is plenty of ashes on the ground. The burning sensation had now reduced. It seemed like; something has burnt to ashes.

One day I saw, a snake is sitting with its hood lifted in the air. It is spitting fire out of its mouth. As it breathes, a fire starts coming out of its mouth, and the whole body seems like it is becoming hot.

Meaning: the snake seen in the vision was the *Kundalini*. It was destroying inertness; that's why it was spitting fire from its mouth. When inertness is destroyed the effect of *Agni Tattva* increases in the body and the heat inside the body increases as well. Ashes visible in the meditation are the remains left after burning my *karma*.

Fire and Lord *Shankar* in the Heart

These days, I felt too much heat in my body during meditation. One morning, I saw, I see my heart, and then I started seeing a *Shiv-ling* made of light in the heart. A bright light was emerging from the *Shiv-ling*. Once in deep meditation, I saw, fire

flames rising in the heart. Then these flames suddenly disappeared. Then Lord *Shankar* appeared in place of the fire in the *samadhi* posture. He was wearing *Rudraksh* garlands, two in the right arm and one in the neck too. At that time, I didn't notice the snakes in the neck. Lord *Shankar*'s body was made of blue light with fire spread all around. Lord *Shankar* disappeared after a while.

This vision is from October 29, I saw, I am meditating, and from my mouth sound of ॐ (*Om*), ॐ was emanating. These sounds were so loud that my eyes opened during meditation. After some time, I sat for meditation again. I saw the same scene again that I am in meditation and reciting ॐ, ॐ repeatedly. Then a sphere of light emerged out of my body and went into space and I fell into deep meditation. After the meditation was over, I couldn't understand the meaning of this vision.

One day I was meditating, the mind was also fully concentrated. Then I began to feel pain in my root chakra. Then I saw lightning in the darkness, which disappeared after a while, like the lightning that takes place in the clouds during the rain and then disappears.

Meaning: this was *Kundalini* that I saw in my vision. *Kundalini* has different kinds of visions.

I saw during meditation; a person is sitting in front of me. Raising his right hand in the air, he said, "*Kaalon ke kaal, Mahaakal.*" Suddenly, a *Trishul* (trident) appeared in his hand. That shining *Trishul* with mild light emerging from it, and it was looking beautiful. I told myself, "This is Lord *Shiva*'s *Trishul*." Then the person cut the upper part of my head with the *Trishul*. I became very upset and shouted, "he chopped my *Brahmarandhra* off my head." I put my head back at its place and stood up holding the upper part of the head. Then my eyes opened.

Meaning: This *Trishul* is not a worldly object. My head being chopped in the vision is very significant. It means, in the future, it is certain that my *Brahmarandhra* will open, along with that crown chakra (*Sahasrara Chakra*) will also develop; that is, it will also open. Then I will attain *Tattva-Gyan*. But because of ignorance, I am standing, holding the upper part of my head.

A few days later, my *sadhana* began to decrease. I wrote to *Shri Mataji*, asking why this was happening. After some days, I received a letter from *Shri Mataji* saying, “Sometimes, *sadhana* reduces and then increases by itself.” And so it happened, after some days, my *sadhana* improved automatically and all the three locks (*Bandhas*) also started applying.

The Year 1990

Trishul (the Trident)

I had this vision on the 7th of January. I saw, I am flying in the sky at a very high speed. Due to fast speed, the earth is not visible to me. On the way, I met tree branches and many more obstacles. But any of these couldn't interrupt my flight. Then I stood at a place on the ground. I see water flowing in front of me which looks like a small river. I say while standing on the edge, "I can stop this stream if I want to." I lift my right hand in the air and pronounce 'ॐ' (*Om*) loudly. At that moment, a bright glowing *Trishul* appears in my hand. This *Trishul* is shiny red like hot iron and is spreading light all around. I want to throw the *Trishul* in the middle of the water stream so that the stream is interrupted but then a voice is heard, "No, you will not do this. You will not use your power in such actions in the future." I looked towards the sky and then looked at the *Trishul*. Then my mouth started reciting the word "Omkar," *Trishul* became invisible after the recitation started.

Meaning: Spiritual seekers! My pace in practicing *yoga* is high; that's why I have been flying without any obstacle being able to stop me. Water stream, is a form of the physical world. This is the only hindrance in my practice; that is, this world in the form of a hindrance to my practice is flowing at a very high speed. I want to stop my physical obstructions using my powers, but I am being stopped from doing this.

From Throat Chakra to *Brahmarandhra*

I had this vision on 17th Feb, I saw, I see the inner part of my head. The path to brow chakra and *Brahmarandhra* from throat chakra is visible in the head. At first, I saw throat chakra, the knot located at the throat chakra was also visible; it was obstructing the way. There was a very narrow opening here, through which *prana-vayu* used to go slightly above the throat chakra. The rest of the *prana-vayu* remained at throat chakra. There were three paths above throat chakra; **first**, this path went straight up from the throat chakra leading to the entrance of *brahmarandhra*. **Second**, this path led to brow chakra approaching the east, then from there, rising in a curve leading to the entrance of *Brahmarandhra*. **Third**, this path led to the entrance of *Brahmarandhra* approaching the western part of the head. These are the three routes from throat chakra to *Brahmarandhra*. *Kundalini* passes through these routes, respectively.

I looked at brow chakra carefully. I saw an elliptical light in the vertical form on the backside of it. Later, I understood that this elliptical light is my third eye. Then I looked at the entrance of *Brahmarandhra*; it was completely closed.

Jyoti (Divine Light)

Now, I rarely have any visions. *Shri Mataji* had also told me before that now; there should be no visions. The vision I am writing here about, it is from 4th September. I didn't see this vision during meditation or in a dream, but in reality, my younger sister and I were talking at about 8'o clock in the evening. Then I saw a light like a candle flame 2-3 meters away, I stopped talking and started watching that

flame silently. It seemed as if it was a glimpse of *deepshikha* as a flame inside the *chitta*, that was this light. I was gazing at the *jyoti*; for some time, the flame remained steady then moved away from me up towards space. And it disappeared from my sight after going little up.

It was my first time in life when I had such a vision; very few people would believe such visions, but it is true. I kept looking at the flame with these physical eyes for a while. On the night of 19th November, I had a similar kind of vision. I was lying in my room when I saw a dot of bright light that turned into a flame soon. This flame was similar to that I had seen before. I kept looking at the flame for a long time. Then flame went up into space and disappeared. The special thing this time was, I was lying in my room and the flame appeared on the ceiling and then disappeared into space. At that time, I couldn't feel the ceiling of the room because all my focus was on the flame. When the flame disappeared, I started seeing the ceiling of the room. These visions are special because I saw flame and the whole scene with my naked physical eyes.

Unsatisfied Souls

Nowadays, I used to have contact with unsatisfied souls many times. These unsatisfied souls came to me by themselves and told me their motive. I have not written clearly about any of these unsatisfied souls because they were too many in numbers. I have thought it would not be appropriate to write about those souls in this book. But, here, I am writing about one such soul, this girl used to work with me in Delhi, although I didn't talk much to this girl during that time. She was a receptionist. It was the month of September. I used to live alone at my house. I fell asleep. I had

a dream, the same girl came and stood in front of me. I said, being amazed, “Uma! Is that you?” She started crying the moment she heard me. Then I said, “You are like my sister. Tell me, why are you crying?” Then the girl clung to me and started crying. I asked, “what is your problem, Uma? Tell me.” She said, “I am hungry.” I said, “Go inside the house; eat whatever is there.” Uma went inside the house; after some time, I went inside the house and saw, Uma was eating. She started smiling when she saw me. I said, never mind. Stay here as long as you wish. Uma said, “No, brother. I have to go back to Delhi.” I said, as you wish. After some time, the girl left and the vision ended. After this incident, she came to me twice, but now, she was happy and wasn’t suffering from anything. I was very happy; I made her satisfied.

I am not writing the conversation I had with this girl. She told me everything about her how she had died. When I went to Delhi, in April 1990, I asked my friends about this girl. They told me that she died some time ago. I thought about how these unsatisfied souls get to know from such a distance that I am a spiritual seeker.

Water Reservoir

These days, I see the moon in my visions. Moon’s appearance is small, like the moon of the *Ashtami* (the eighth day in a fortnight, according to Hindi calendar). I had this vision many times.

In November, I had this vision. I am standing somewhere. There is a huge water reservoir in front of me whose other edge is not visible to me. As far as I can see, only the water is visible. At a little distance from me, my spiritual seeker friends are standing and looking at the reservoir. Some are bathing, I said to a brother who

was bathing (do not want to mention his name here), “Hey brother, take a bath inside.” He replied, “it is very deep inside; that’s why I’m bathing here.” I said, “I will take a bath in the depth of this reservoir.” Water was crystal clear, and I could see its depth. I tried to enter the reservoir but to my surprise, I couldn’t enter inside and I was standing on top of the water. I walked a little bit on the water then started running at a very high speed. I kept running for a while; the water was still. Water is still in reservoirs anyways. Then I stopped for a few moments because I saw a stream flowing with very high speed in front of me. I thought, the water is flowing with such a great speed that I will flow away with it and die. I said to myself, “I am not afraid of death; I will cross this stream.” Then I started running over the stream of water. I still couldn’t see the other edge but I kept running. The moment I crossed the stream, the water of the reservoir disappeared and I was on edge. Then I saw two female spiritual seekers standing at some distance. I had a very good friendship with both of them. Then my eyes fell on my body and I saw there is not a single piece of cloth on my body. I was feeling ashamed of myself because both the female spiritual seekers were coming towards me. I saw there is a filthy piece of cloth lying on the ground. I picked it up and wrapped it around my body like a loincloth. By then, both the female spiritual seekers had reached me. They said, “Brother.” I was feeling ashamed because of the loincloth; suddenly, *Shri Mataji* appeared in front of me. Now, I was in a very bad condition. Both female spiritual seekers told *Shri Mataji*, “Anand Kumar has come across this huge stream of water.” *Shri Mataji* asked me, “Is this true Anand Kumar that you have come across this stream?” I replied, “Yes, *Shri Mataji*. I have come across this stream.” Then *Shri Mataji* said, “Anand Kumar, why have you put this dirty loincloth on?” I did not say anything because of shame. I was standing with my head down. Vision ended.

When I went to Miraj, I had talked about this vision to *Shri Mataji*. *Shri Mataji* was pleased to hear about it and said to me, “This vision you had is very good.” That spiritual seeker who is refusing to go inside the water, he will not be able to do *yoga* in his whole life. You kept running on top of the reservoir because your intensity of practicing *yoga* is very good. You were not afraid of death and crossed the stream of water without any fear. You will surely conquer death in the future. But putting on the dirty loincloth was not good. It shows a lack of inner strength. Your conscience should be pure. You should not feel that there are no clothes on your body. This lack of inner strength will go away in the future. When *Shri Mataji* was telling me the meaning of this vision, many other spiritual seekers were also sitting there along with the one who refused to take a bath in the water. He was very sad and it was true indeed that he was not doing *sadhana* at all.

The Year 1991

Lord *Shankar*

I had this vision in the first week of January. I am inside a palatial place, which is located in space and is completely bright white. It seems that the walls and floors are made of something even more beautiful than marble. I am standing in the middle of a courtyard-kind of place inside this palace. Then I saw a very bright light coming from the east direction. The light started falling on me too. The whole palace started shining with light. My eyes were dazzled because of the light falling on me so that I couldn't see anything except light. Then my eyes moved to west direction, I saw, Lord *Shankar* was on his ride, a bull. This bull (Nandi) was white, tall and hefty. Lord *Shankar*'s colour is light blue and illuminated. He was wearing a tiger skin and had *Rudraksha* garlands around his neck. He was looking at me, with his hair tied up like a high-top bun. I said to myself, "This is Lord *Shankar*." The next moment, a woman with a unique beauty appeared on the left side of the bull. She had a crown on her head that was full of pearls, wearing a red *saree* and divine ornaments. The moment this woman came, Lord *Shankar* placed her on the back of the bull in front, and bull started heading towards the west. Then I heard a voice from the sky, "Open all the doors for this *yogi*." I heard this voice loud and clear; by then, Nandi had disappeared in the west. I was noticing that light was still coming from the east and was still falling on me. Then, the bull appeared from the west side, passing in front of me and left for the east side. There was no one riding the bull this time. Then my vision ended.

Meaning: Spiritual seekers! The word ‘*yogi*’ is used here for me. Open all the doors means, in the future, all of my chakras will open.

My Two Forms

I had this vision in the first week of January. I saw, I am flying in space. Moving onwards, I met high icy mountains. I am climbing these mountain peaks at a very high speed. Then I noticed that I am climbing on the highest peak. When I reached the top of the peak, it felt like this peak was touching the sky. When I looked downwards, it seemed like I have come to a very high level. Then suddenly, two hands appeared in front of me. I was stunned by seeing those hands because they were very beautiful. Both palms were folded like they were offering me something. Those hands belonged to a woman as both arms had beautiful bangles in them. I started tracing those hands and found a woman standing at some distance from me on top of the highest peak, wearing a green *sari*. Light is emerging from the sequins on the *sari*. She had a crown on her head and beautified with ornaments. When I saw her face, that face smiled. But I was stunned to see the face because it was my face. I was surprised, how is it possible that I am standing as a woman in front of myself? I started looking at the woman carefully. She had a beautiful crown on her head. Eyes were big and majestic, and the features were very attractive. Pretty face, beautiful neck and pearl garlands in the neck. She was wearing a green blouse and *sari*, both of them were decorated with stars. Bulging breasts, body around navel was thin; the lower part was healthy, hands and arms were beautiful. I was looking at her beauty while she was smiling. At that time, I was feeling that I am standing as a man. But moments after, I felt I am standing as a woman on top while a man with

a similar appearance to me is standing below me. Now I started admiring my own body, “I am a very beautiful woman.” I could see a man, similar to me, standing at some distance looking right at me. I was looking all around the space around in my woman form, then after some moments I felt, I have come back to the man's body and the woman's body is standing above me offering me something. I raised both my hands (in the shape of cup) towards the woman then she put both her hands in front of me. She was holding something in her hands. But I couldn't see what she had given to me. Then she disappeared. I started coming downwards automatically. My vision ended.

Spiritual seekers! At that time, I did not understand the meaning of this vision. But later I got to know what it meant. I am both a man and woman in this vision. I had also felt myself inside a woman's body. You should be aware; a woman is a manifestation of *Shakti*. I am in a male body, but still, the *Shakti* of this body will appear in a feminine form. Female is power; man is powerful. That's why I was visible in both forms and was also feeling both. In the vision, the woman gave me something in my hands, but I couldn't see it. The woman representing *Shakti* will only give me *Shakti*. This means, there will be *Kundalini* awakening inside me soon and after some time, my *Kundalini* was raised. *Kundalini* represents *Shakti*.

I saw, during meditation, light is falling on me from space. I am bathing in light, and I could see my whole-body bathing in light. Then I began seeing the moon, which was equal to that of *Saptami* or *Ashtami*, in size.

Gurudev of Previous Birth

I had this vision in the last week of January. These days my *sadhana* was very intense. The reason was, in January, it is freezing in Northern India. In winters, the heat generated because of the practice is tolerable. I started my meditation at 3:30 in the morning. I was deep into my meditation when there was a severe pain in root chakra, and I came out of my deep concentration. I started to get my senses back and started meditating again. This time my mind was concentrated on root chakra because I felt something like fire spread in root chakra. I started to feel uncomfortable, then this fire started going upwards along the back of the spine and stopped at sacral chakra. I could feel that the fire was rising upwards. Later my meditation became deep for a few moments. I saw, a tall monk is standing in front of me. He had long hair and a beard. Half of the hairs were grey, and the other half were black. He was standing in front of me and smiling at me. Then he raised his hand in a blessing posture. The Monk didn't speak to me, nor did I talk to him. My vision ended. Then when I sat on meditation in the morning, again, I felt the same fire spread in the root chakra. Then this fire started to rise upwards along the spine.

Meaning: The fire I mentioned here was the sensation of my *Kundalini* awakening because my *Kundalini* is very fierce. The monk I have mentioned, I got to know about him five years later, in January 1996, that he was my *guru* and father from my two previous births, and at present, he is in *tapaloka*. He had come to me from *tapaloka* to help me to raise my *Kundalini*. But he did not tell me anything about this at that time, nor did I talk about it. I will write about him at someplace. After this, my *Kundalini* never became dormant because it had happened two-three times before my kundalini had arisen but became dormant. *Shri Mataji* did not tell me anything about this but later said, "You should understand." But I did not know at

that time that my *Kundalini* had risen. Dear spiritual seekers! All the spiritual seekers do not have the sensation of *Kundalini* awakening as I had. I am a *yogi* from my many previous births; therefore, my *Kundalini* is very fierce and that's why I do all the spiritual work. Many such spiritual seekers do not sense much about their *Kundalini* awakening.

Trip to Miraj

I had received no letter from *Shri Mataji* for a year now. I had travelled from Delhi to Rishikesh in July 1990. In Rishikesh, I stayed with *Shri Mataji* at *Swami Sivananda ashram*. At that time, a large number of spiritual seekers were there. But due to not receiving any letter from *Shri Mataji* for many days now, there was a little restlessness in my mind, so I decided to go to Miraj. I had also received an invitation letter from Miraj to the *Shivratri* festival. I was unable to arrange the money at that time, so I borrowed some money from my father and left for Miraj. On my way to Miraj, I stopped at Jalgaon for two days and then left for Miraj along with spiritual seekers of Jalgaon. Because of the crowd there, due to *Shivratri*, I couldn't talk to *Shri Mataji*. When all other spiritual seekers left, then I spoke to *Shri Mataji*, "There is so much heat in root chakra during meditation. Then the heart and the area around heart chakra starts burning. I have been unable to understand why this happens."

Once, while sitting on meditation, *Shri Mataji* had told me, "Anand Kumar, sit on meditation in front of me." As I started meditating, I felt, something started climbing like a hot iron rod above the root chakra. It felt like it is the area around the spine as it is moving up. Then it stopped for some time after reaching the heart. Then something started climbing upwards from the heart chakra along the spine, burning

the flesh. Now my back was getting very hot and started to hurt. Now, all of my attention was on the back; at that time, it felt like someone is cutting the nerves of the arms just like the back. I was very uneasy because of this pain, yet I meditated for almost an hour. Then I had to break my attention because the group chanting was about to start.

Once, *Shri Mataji* and other spiritual seeker brothers-sisters were sitting together for a meal. Then, I asked *Shri Mataji*, “I had a very strange vision today.” *Shri Mataji* said, “What kind of vision?” I said, “a line started climbing above the root chakra like a red-hot iron rod. That ruby red line stopped at the heart chakra. After some time, this line started climbing upwards from the heart chakra. There was so much burning sensation because of the red hotline; the upper part of the back was feeling badly burnt. Even the nerves of arms felt burned too. As the “hot iron rod” was reaching throat chakra, the burning sensation was becoming more intense and was spreading around. I have never felt such an intense burning sensation.” *Shri Mataji* said, “Don’t you know that it is *Kundalini*, it is climbing up. It burns the inertness of every chakra it reaches and spreads consciousness all around. It is a vision related to that.”

I was surprised to hear that. Many other spiritual seekers were sitting there; they also heard my meditative visions. Then some spiritual seekers later asked me about *Kundalini*; I told them some good visions of the *Kundalini*. I was internally very happy because of the rise of *Kundalini* up to the throat chakra.

Now all the spiritual seekers had gone from *Shri Mataji*’s place. Only I was left alone. One day *Shri Mataji* asked me to go to Kolhapur because *Shri Mataji* had some business at Kolhapur. She said, “Leave early in the morning and return by the lunchtime, then we will meditate in solitude. I will help you with your *sadhana*, and

then you will be able to meditate even better.” I left to Kolhapur in the morning. I could feel my *Kundalini* rising while I was sitting on the train. *Kundalini* would rise to the throat chakra, stop there momentarily, and then come back down to the bottom. I was not meditating then, just sitting quietly. After reaching Kolhapur, first, I finished *Shri Mataji*’s task, and then, I went to the famous *Lakshminarayan* Temple. Then I left for Miraj and reached there by evening. There was no time for meditation that day. The next day I sat for meditation at 5:00 AM when *Shri Mataji* used *shaktipat* on my brow chakra. It felt like energy was entering my forehead. Then I was in meditation for an hour. After the meditation, I started preparing to leave because, after some time, I had to catch my train for my way back home. I soon took *Shri Mataji*’s permission and left for Miraj Railway Station.

Giant Crocodile

I saw a water reservoir during meditation. Many strangers are standing by the side of the reservoir. I, too, am standing by the side of that reservoir. After a few moments, I started walking over the water. After going a little further, I entered down into the water and sat down peacefully at a place, deep down the surface of the water. After some time, I came out of the water, and while I was standing on the surface of the water, I saw a crocodile. But it couldn’t see me as its tail was on my side and face on the other. The crowd standing on the edge is looking at me, somebody in that crowd said, now this crocodile will eat him (me). I started running towards the other edge rapidly. When I got to the other side, I sat there. Then I noticed that the crocodile is following me. It came near me, for a moment I felt that crocodile would eat me, but at the same time, I saw a boy standing beside me. That little boy (about

10-12 years old) caught the crocodile's mouth and handed it over to me. I hammered a long nail in the crocodile's mouth. It was so long that it became hinged to the ground. Crocodile's mouth was trapped in the nail; now, he started fluttering. I left the crocodile and started walking over the water of the reservoir; then, I reached the place where I first saw this crocodile. I saw, four-five crocodiles coming towards me rapidly. I turned and ran so that these crocodiles could not get to me but, only then, a crocodile caught me and started pulling me down in the water. I thought, now, this crocodile will take me under the deep water. At that moment, I raised both my hands upwards and the face towards the sky. Then I started chanting *Omkar* loudly; I was so loud that my voice started echoing in the sky. My mouth was open; light rays were coming out of my mouth and going upwards, crossing the sky. At that time, I was thinking; my voice would reach Lord *Shankar*. I kept chanting *Omkar* and those light rays kept going upwards at a very high speed. After some time, the chanting of *Omkar* stopped but my mouth was still open. The sound of *Omkar* was constantly echoing in the sky. I was amazed to hear the echo of *Omkar* even after I had stopped the chanting. I saw, small light dots are coming towards me amongst the light rays coming out of my mouth. These light dots are entering my mouth. I heard a voice from my conscience, "these light dots are coming from Lord *Shankar*'s place." I saw Lord *Shankar* sitting in *samadhi* in the space. As soon as those light dots started entering my mouth, the crocodile began to loosen his grip on me. Then I started walking over water and started thinking; I can now fearlessly roam over water. While I was walking over water, the crocodiles were still present there but I wasn't afraid of them now and the crocodiles were also not looking at me.

Meaning: Spiritual seekers! These crocodiles are symbols of anger, hatred, greed, attachment, craving, etc. The reservoir is a symbol of the material world. In the vision, I had hammered a nail in crocodile's mouth- this means that greed and

attachment will not be able to affect me. But again, another crocodile caught me, but by the grace of God, I got free from it too. In the end, being free from all the disorders, I will roam around the world. This is shown in a vision about my future.

Visions Related to *Kundalini*

I had a vision. I am walking towards a room like a house. I entered the room; some men and women were sitting there on meditation with their eyes closed. For some moments, I stood quietly, and then I went to the old lady sitting at a high place and sat by her side. Everyone opened their eyes. That old lady was their head. She started talking to them. I could not understand what she was saying because the language she was speaking was unknown to me. After some moments, I asked that old lady, “Mother, what were you talking about me?” She replied, “I was saying about you that you are not an ordinary man. I can see his *Kundalini* has arisen. He will become a great man in the future.” I asked, “Mother, when will I get my divine vision?” The elderly lady first became silent then said, closing her eyes, “It will still take a year for you to get your divine vision. Before that, you will also get some small *siddhis*.” My vision ended. Only the future can tell how true this prophecy is going to be.

Today, 5th March, I had a very pleasant vision, *Shri Mataji* is coming towards me with the help of a stick. She sat at a higher place; I was very happy. I bowed down to *Shri Mataji*. Then, *Shri Mataji* raised her right foot upwards and touched her toe on my brows while chanting *Omkar*. After the *Omkar*, I felt like *shaktipat* is happening in my body. *Shri Mataji* recited *Omkar* three times. Then she said to me, “Anand Kumar! Your *sadhana* will progress gradually. *Sadhana* is not such a thing

that you can achieve completely in a short time. Then she patted my back and became invisible.”

In these days, during my meditation, the abdominal lock, chin lock, and internal *Kumbhaka* used to apply together and hurt me a lot. At that time, it is very hard to breathe out the air, this process hurts the physical body a lot, but it helps raise the *Kundalini*. When *Kundalini* reaches above the heart chakra, then it is very painful. It feels like the veins of the upper side of the back are being cut. That causes slight pain. Back also becomes heated a lot.

Nowadays, there are many visions of *Kundalini Shakti*. In most of the visions, it is seen in the form of lightning. In dreams, it appears as a yellow snake and sometimes wrapped around a *Shiv-ling* during meditation. Then, *Kundalini* starts unfolding itself from the *Shiv-ling* and starts climbing upwards. In this condition, burning sensation on the back, cutting or crawling like the ants, and cutting of the veins with the blade is often felt.

On the night of 6th March, I had this vision, light is spread all around. In that light, a very sharp glowing line appeared, and then, I heard a loud sound of cracking of veins from my body. It seemed as if someone cracked a vein. Hearing this sound, I woke up. At that time, my back was as hot as a pan. Due to the heat in the stomach, it felt as if the stomach was burning. There was fire spread in the entire neck area and also a slight pain around the neck like the veins have been cut. I could feel that *Kundalini* has reached the throat chakra. These days, *Kundalini* used to move upward even when I was sleeping. When the back became very hot, I would wake up automatically.

When I sat on meditation, my neck bent backward. It seemed like, something is stuck in the neck, and at the same time, ants were biting inside the neck. Breathing also became very fast; sometimes during the meditation, the tongue would stick to the palate. It felt like tongue will fold itself upside down and go inside the throat. Sometimes during meditation, tongue came out of the mouth just like a snake extends its tongue out of its mouth. Sometimes, I would keep my plate of food aside and start meditating.

Yama-dutas

Once I had a vision, five-six men are standing in front of me. They are black, but their faces are glowing; eyes are light red. These men looked attractive, despite being black. Their body was muscular and sharp, and their arms looked mighty. All of them were looking at me and I was looking at them. I had a thought, if these people move any further towards me and said anything, then I would beat them. I went to them but they didn't say anything and I didn't say anything. They were staring at me and I was staring back at them too. After a few moments, all of those men went back. My vision ended.

Meaning: Spiritual seekers! These men were *yama-dutas* (messengers of death-God), but we did not have any conversation.

I saw during my meditation, there is a very high mountain in front of me, and I am climbing it. When I climb too high, I will slip downwards. I am doing this repeatedly. The height of the mountain is visible from the place I reach, and then I think how will I climb this mountain, but next moment, I slip down and come back

to where I started. This mountain is not icy but it is made up of a light black substance. Small particles like sand are also glowing on that mountain. The upper layer of the mountain looks like black soil. Then the vision ends.

Meaning: this meditative vision is of throat chakra. The path of the throat chakra is straight. I can see the straight path above the mountains. My *prana* and *Kundalini* reached up to throat chakra and then came back down. That's why I climb the mountain and slip from there. I am doing this again and again.

Help from the *Kundalini Shakti*

I saw in a vision, I am standing in a narrow place, darkness spread all around. Therefore, I cannot see anything in that darkness. There is a narrow hole over my head. Light is visible beyond the hole. From where I am standing, there is no other way around except this. This hole above is the only way. I looked at the hole carefully. Then thought, I should go up through this hole. I jumped with a lot of strength, thinking I would pass through the hole in one jump, but I got stuck in the hole. Then, again, I tried a lot to get out of the hole but couldn't even move. I could not even come down. My legs were hanging downwards. Then I looked down, a woman was pushing my legs upwards. I was surprised to see the woman because I was the only person standing down there, where did this woman come from? I looked at the woman carefully, such a beautiful woman, wearing a golden crown, and a red *sari* is trying to push me up. I was still trapped in that hole when my vision ended.

Meaning: Spiritual seekers! The place I am standing is dark, it is the throat chakra, the path in the throat chakra is narrow. A hole is visible opening upwards due to the

slightly open throat chakra. The part above the throat chakra appears illuminated to the spiritual seeker. I am unable to go upwards because throat chakra is not completely open. Even after trying hard, I was trapped in the narrow entrance. The woman pushing me upwards is *Mata Kundalini*. Still, I could not go up because the path here is narrow and closed due to knots. That is why it takes so much time for the spiritual seekers to move further from here. I keep seeing in the vision, the *Kundalini* is also helping me in making the path through it. Now, my throat chakra is opening gradually.

These days, activities used to happen on my brows (brow chakra) too. It feels like eyebrows are moving from the inside or being hammered slowly. Sometimes, there are vibrations on the brows. In such a situation, my mind is focused on the brows. Sometimes, it seems like root chakra becoming warm is causing a stretch up to the forehead. The meditation feels to be like never-ending.

Today, 10th May, I saw during meditation, someone is scratching my forehead very roughly. After some time, I felt like my forehead was divided into two parts. Half of it had been scratched off by someone; the other half was in pain. I said, “Why was my head scratched?” Then, my eyes opened; I was feeling like ants are biting at my forehead again and again.

Meaning: this activity takes place because of the pressure of *prana*, and the *Kundalini* is also purifying subtle nerves by this activity. It destroys the inertness and spreads consciousness.

I had this vision in the last week of May. I saw, my body has become very big, my head has entered the sky. Earth is under my feet. I looked downwards; I have kept earth under my foot forcefully. My sight went on the geography of earth. I

noticed North America, South America, Soviet Union, China, India, Japan and other countries. Moon and stars are located in the central part of my body. I felt like I have pervaded the whole space. In this vision, my body appeared vaster and more pervasive.

I performed *Shaktipat*

It was the first week of June, and it was my younger sister's wedding. Due to some reasons, the marriage couldn't take place. Everyone in the house and all the relatives were sad. I was also sad. Then my eyes fell on my sister; she was lying quietly while everyone was giving their opinions. I said, "Now it will be whatever sister wants." I don't want to know what she wants. I also sat down by her side and said to her, "Make up your mind what you want, I will use my powers." She didn't say anything. Then, I used *shaktipat* on her in front of my family and all the relatives. Because of the marriage, there was a rush in the house and everyone was looking at me. They could not understand what I was doing.

Two days later, the father of the boy (with whom she was getting married) came and apologized. And the marriage was arranged to take place after a week. At the time of the marriage, my sister fell very sick. She couldn't even sit on her own. She had a high fever, so she became weaker too. The medical treatment wasn't making any significant effect on her health, and the rituals were about to take place. A woman was holding her as she couldn't even sit on her own. Even after that, she lost her balance and fell on the side. Then, I went to her and asked the woman who was holding her, "Leave her." She said, "if I leave her, she will fall." I said, "Now she will not fall but will get even healthier." Then I used *shaktipat* on my younger

sister's forehead and within less than half a minute, she was sitting fine. She said, "I am all right now, bhaiya." Now her fever had gone and she was completely healthy. Then the rituals began. It looked like she was never sick. Everyone was amazed about what I did to her that cured her within a minute. *Pandit ji* (priest) later said, "There is indeed power in devotion; I have seen it myself today."

Meaning: Spiritual seekers! If a *yogi* wants, then he can cure any disease very quickly. The doctor wasn't able to heal my sister for many days. I cured her in seconds in front of the crowd. I used *shaktipat* on her and destroyed her fever and cured her weakness.

I Came to Miraj

My mind always kept thinking about *sadhana*. Ever since the middle of June, I had this thought of leaving the house and find some other place for my *sadhana*, in my mind, because as long as there is my father in the house, it is certain there will be discords between us. He purposely used to obstruct my path. I knew it he will have to face his *karma* at some time for sure. I requested many people that I will take care of your fields; in return, I only want food, and I want to do my *sadhana*. But no one was willing to do this. Some of them even made fun of me. This couldn't happen because I am from an upper caste. My father owns a lot of lands, so those people took my request as a joke. After some time, I got a letter from *Shri Mataji* saying, "you must join us on the occasion of *Guru Poornima* festival." I started my preparations for Miraj shortly and then left for Miraj on 19th July. On my way to Miraj, I stopped for a day or two at Jalgaon then I reached Miraj along with some other spiritual seekers. A lot of spiritual seekers were there for the *Guru Poornima*

festival; it was celebrated for three-four days, then spiritual seekers started going back to their home. *Shri Mataji* said, “Anand Kumar, you can stay here if you want to.” At that time, *Shri Mataji’s ashram* was being built, so there was a need for a spiritual seeker to stay there. *The ashram* was being built 5-6 kilometres away from the city of Miraj. Some people got to know that Anand is staying here. All the spiritual seekers had gone back to their places. A boy from Meerut and I had stayed with *Shri Mataji*. This boy had nothing to do with *sadhana*; he just wanted a job. *Shri Mataji* said to me, “Anand Kumar, you have come here at the right time. Now your *sadhana* will certainly improve. You can practice here as much as you want. I want you to become whole before you leave. When your *sadhana* gets better, then I will give you the spiritual initiation of renunciation.” I was very pleased to hear this. Then she gave me food and allowed me to leave for the *ashram*. There was a small cottage nearby; she gave me the keys to that and said, “Do your meditation in this cottage.” I came to the *ashram*, where the building was being constructed. There was also a small room in the *ashram* in which cement was kept. In the same room, I kept my luggage and stayed in it after cleaning up one side. I meditated four times a day in the beginning for 6-8 hours, did *pranayama* and exercises too. I used to water the trees daily and the new building. I cooked for myself. This was my daily job; now, my *sadhana* was getting better. Here, I would see *Kundalini* and Lord *Shankar* often in my vision.

I saw during my meditation, I am standing in space, golden light is spread all around. At this time, there is no sun in the space, neither the moon nor the stars; only light spread all around. I was delighted and was thinking about how good this place is. In this, I saw a pind(solid body) at a distance of 20-25 meters; that body was also self-illuminated. The light was very dim, and the body was rotating at its place. I was observing the solid body. After some moments, I walked towards it and stood

on top of it. As soon as I stood on it, I found myself on earth. I understood it now that the solid body is earth.

I was Tested

This is a meditative vision from 14-15 August. I had a vision, I am standing in space and looking around. Then, a woman came to me and put her right hand on my shoulder, grabbed my left hand with her left hand, and then stuck to my left shoulder and started moving forwards sticking to me. I was also walking with her mesmerized. I thought, who is this woman? She was very beautiful, fair in colour. Her pretty face was shining, that woman was very attractive. I thought, where is this woman taking me? But I didn't say anything to her because I was lost in admiring her beauty. She kept moving while sticking to my body and smiling at me. I liked her touch. After a while, she stopped, and we two stood facing each other. I was looking at her face. Her teeth were beautiful and were shining like pearls. Sometimes, when she laughed loudly, I could see the inner part of her mouth. She was wearing such transparent clothes that I could see her body. Then the woman said something to me (something obscene). I was embarrassed hearing such words because I wasn't expecting her to say such vulgar words.

She started laughing when she saw me embarrassed. I could see her pearly teeth and tongue too. Aura of her face was increasing her beauty even more. I looked at her carefully, and I understood that this is not an ordinary woman. But then, why did she say such words to me? I refused to obey her. She was standing carelessly in a particular posture; I didn't like her intention. She held both of my hands with her hands and came even more close to me and repeated the same words. Hearing the

same words again, I ran away, making my hands free of her grip. After some distance, I looked back and saw, that woman was still standing there smiling. The next moment, she came in front of me flying (she didn't walk on feet) very fast. She stood at some distance and some height from me but this time her appearance had changed. Now, she was in the form of *Mata Kundalini* wearing a golden crown, a red *sari* decorated with stars. She raised her right hand to bless me and said, "You will achieve greatness in the future." My vision ended. I passed the test, that's why *Kundalini Shakti* blessed me.

Meaning: *Mata Kundalini* was testing me herself in disguise. Because the woman was saying obscene things, I couldn't accept that; no spiritual seeker should. When she repeated the same words, I ran away from her. Then *Kundalini* appeared in its real form in front of me and blessed me because I had passed the test. A spiritual seeker has to go through such tests sometimes. It is also necessary for the spiritual seeker to pass them. It happens mostly with those spiritual seekers only whose *sadhana* is in advance stage.

Now my *sadhana* was escalating quickly; the mind was focused at *Brahmarandhra*, used to have a pain in the head. I used to meditate for more than 3 hours at a time. Sometimes, there was a slight pain in the upper part of the head, but I had no other choice so I had to bear it. *Shri Mataji* told me; Spiritual seeker has to bear this pain. After a few days, I had to bear stretch in the brain and *Brahmarandhra* too.

Meaning: Spiritual seekers! This pain was because of the subtle nerves not being pure. Subtle nerves get purified slowly by practicing *pranayama*. I practiced *pranayama* a lot, but even after then, I had to bear this pain. Spiritual seekers! Only

those who have intense *sadhana*, have such pain. My *sadhana* was intense; that's why it was so painful.

Swami *Chidanand ji*

I had a vision during meditation, I am walking with *Swami Chidanand ji*. *Swami ji* said, "Come with me." I was looking at *Swami ji*, the same aura on his face, the same attraction in his voice that I had seen in Rishikesh. He had only two clothes on his body, wearing one and had one overlaid on him. I was walking behind him. The clothing or dress that was covering the lower part of his body fell on the ground, and *Swami ji* got undressed. I said to *Swami ji*, "*Swami ji*, your dress has fallen." *Swami ji* turned towards me and tried to pick up the cloth; in this, the front side of his body was also seen naked. There was no effect of me telling him and nor did his expressions change. I thought, what kind of clothes does *Swami ji* wear that fall down making him naked for a moment. Now we both were moving forward. We were having a little trouble because of the poor condition of roads. Afterward, we found three animals- a buffalo, a buffalo calf, and a cow. All were tied to posts. First, *Swami ji* freed the buffalo, then both of the other animals too. I said surprisingly, "*Swami ji*, why did you free them?" He replied, "We have to take them with us." I began to think, what would such a great sage do with these animals! Then we started moving with the animals. The buffalo was at the forefront, behind it was *Swami ji*, followed by the buffalo calf, the cow and then at the end, it was me. I had no idea where *Swami ji* was taking everyone.

Meaning: Spiritual seekers! *Swami ji* is a disciple of *Swami Sivananda ji* and the head of *Sivananda ashram* in Rishikesh. *Sivananda ji* is a great *yogi*; I respect him

very much. I should not have had any bad thoughts after seeing *Swami ji* naked. Having such thoughts means, my conscience is not completely pure yet, *Swami Ji* tested me. *Swami ji* freed all three animals. Buffalo represents, the *Tamoguni karmas* present on my *chitta*. Buffalo calf represents, I will have to face some *Tamoguni karmas* with little suffering very soon. The cow is a symbol of my soul. My soul was tied in chains; now, it has been freed. I still have *karma* left to face. I will have to suffer their consequences; only then the *karma* will be destroyed. From this vision, it becomes clear that I will be free of all bondages.

The Vision of an *Avadhuta*

I had this vision on the 9th of September. In the morning during meditation, I saw, *Shri Mataji* took me to someplace, there was darkness all around. *Shri Mataji* and I were standing in this darkness. There was a dim light in front of me. In that dim-lighted zone, a man was sitting without clothes. His way of sitting and behaving was like a foolish person. Head was slightly tilted downwards. I thought, who is this man sitting like a fool. He looks like a monk from his appearance. *Shri Mataji* was standing on my right. I asked her, “Who is this man, *Shri Mataji*?” *Shri Mataji* replied, “He is a saint, right now in his *avadhuta-phase*.” My vision ended there.

Meaning: When *Shri Mataji* returned to the *Ashram*, I asked her, “What does this vision mean *Shri Mataji*?” *Shri Mataji* responded, “This is about *avadhuta-phase*. He does not have any awareness of wearing clothes nor about eating food. They’ll eat if someone else feeds them; otherwise, they’ll stay hungry. They have no physical awareness. Such saints appear in vision and impart spiritual guidance. If you ask them about their identity, they’ll sure disclose their identity. Saints from that very

loka appear, where ever the *prana* reaches.” This vision came in throat chakra; that is why you saw darkness all around.

Resolve to Open the Knot (*Granthis*)

I asked *Shri Mataji*, “What is my status, *Shri Mataji*?” *Shri Mataji* said, “Motion of your *prana* is up to brow chakra. Sometimes it reaches *Brahmarandhra* but again comes back to throat chakra. Until the knot near the throat chakra is fully opened, *prana* cannot reach *Brahmarandhra* completely. Your *Kundalini* reaches up to your throat; it would move further upwards once the knot is open.” These days, all three locks were activating during meditation. On Friday, September 6th, I went to *Shri Mataji*. Because it was Friday, mass meditation was being held. I was also meditating with all the other Spiritual seekers. During meditation, my neck bent backward; my head got stuck to the back; the whole body leaned backward. The whole *prana* was stuck in throat chakra, due to that my breathing was also blocked. My neck and whole body were in pain. I was so curved towards the back that it felt like I would fall backward. Then, I remembered about two years ago when I used to have same type of pain. After some time, I realized that *Shri Mataji* is using *shaktipat* on one side of my neck. In a few moments, I was relieved from my pain because *Shri Mataji* had chanted *Omkar*.

The next day during meditation, I had a sensation, my *Kundalini* is striking the knot at the throat chakra. The veins of the neck were either cracking or stretching. There was an intense burning sensation in the neck. Because of the *Kundalini*, there was a feeling of ants biting in this area. This kept happening for almost half an hour. I asked *Shri Mataji* about the *shaktipat* when I went to her place. *Shri Mataji* told

me, “Your neck was leaning backward very much. *Prana* was stuck at the throat; the neck had swollen too much. That’s why I pledged to open the knot so that *prana* moves towards the top. This knot won’t open immediately; it will take some time.”

The Vision of *Swami Sivananda ji*

During meditation, I got to see *Swami Sivananda ji* for the third time. Not only did I see him, but I also talked to him. *Swami ji* was sitting in a high place wearing saffron clothes and, I was standing in front of him, also wearing saffron clothes. *Swami ji* said, “I will have to make arrangements for you twenty *Brahmins*.” I was amazed to hear that *Swami ji* addressed me as a *Brahmin* and also asked to arrange for all twenty *Brahmins* himself. I could not understand why he said that. I asked *Swami ji*, “I want to ask you something in person.” In response, he just smiled and said, “Well.” He didn’t tell me to ask what I wanted to ask, so I remained silent. Then, I heard a voice from inside me, “whatever questions you have, ask them to *Shri Mataji*.” My vision ended.

Spiritual seekers! I cannot ask everything from *Shri Mataji* because she is a woman. Even if she is my *guru*, but there must be some limitations. Sometimes, I would indirectly ask my questions. These days, I saw many beautiful girls or women dancing in front of me. It seemed like they all were *apsaras* (nymphs), dancing in space or divine palaces. Sometimes these girls were in erotic positions and used to talk obscene things.

Dance of *Apsaras*

Once I saw during meditation, I am standing in space. A woman came to me and started dancing. Sound of music could be heard, but there was no one playing music. I was sitting in the space; the woman was performing classical dance. I was enjoying her dance. She was dancing around and running in space. The music was changing according to the dance automatically. For some time, I kept watching; then, the woman stopped dancing. That woman with unique beauty came to me and said, “How was my dance?” I said, “your dance was very good.” I like dance performed to classical music. Then the woman said in a special posture, “Was my dance good? And how am I?” At first, I was surprised, then said, “You are a very good dancer.” The woman said, “Will you marry me?” I did not say anything after hearing this. Then, I saw lots of women like her laughing. I ran after seeing all those women. My vision ended.

Meaning: such dances are seen in subtle worlds. A high-class spiritual seeker or *yogi* can see this kind of dance whenever he wants. But during meditation, this vision has come to me without any efforts. Every spiritual seeker sees such beautiful women dancing at a certain phase in his meditation. These scenes are related to higher *lokas*.

Unsatisfied Souls

A boy of Meerut and I were sleeping in the *ashram*. I had this vision, in my dream, a young girl came into our room and stood in front of me. I said to her, “Who are you? Why have you come here? What does a girl have to do here?” The girl did not say anything but smiled. I woke up, it was the time for my meditation, but I couldn’t forget that girl. When I tried to find out information about that girl using meditation, I came to know that she was an unsatisfied soul. At the same time, I heard a voice during meditation, “Anand Kumar.” I broke my focus and thought, “who is calling me at 3.30 in the morning. Silence is spread all around. Maybe it was an illusion.” Then I closed my eyes again and started meditating. As I closed my eyes, I heard the same voice again. I opened my eyes again; now, I knew there is something wrong. Then I closed my eyes and said, “Who’s calling me?” A voice came, “I am the same girl that you saw earlier.” I said, “Who are you? Introduce yourself.” She replied, “I am wondering, I was murdered many years ago.” I asked, “Why were you murdered?” She said, “I cannot tell you this. Ask your neighbor.” I said, “What do you have to do with me?” Voice came, “I like to come to you.” I said, “Forgive me, I have come here to meditate. Let me focus on my *sadhana*.”

I went to *Shri Mataji* the same morning. Kavita didi had also come there from Malegaon. I told *Shri Mataji* about the unsatisfied soul. She said, “I will make my resolve, and she will not come back to you.” Kavita didi also resolved that the girl doesn’t come to my room anymore. Then I returned to *ashram* from *Shri Mataji*’s place. After this, that girl never came to me again but I heard her voice sometimes during meditation and sometimes even in my sleep. Her voice was lovely. She used to call me very affectionately but this was interrupting my *sadhana*. One night at 1.30 AM, I went to the place where she was murdered. I folded my hands and

requested her, “Please stop interrupting my *sadhana*.” I came back to the *ashram* and after that, I never heard her voice again. Then she came into my contact in January 1996. This girl and I became friends. I even gave her some knowledge. Now that girl is very happy.

When I told my neighbours about this, then they told me, this girl was murdered 20-25 years ago when she went to the well to wash clothes. At first, they were surprised to hear about her from me, but then they told me everything about that girl. When I lived in that *ashram*, there was no population around the *ashram* except only two-three houses; these people were farmers. I had very good relations with these neighbours. Whenever I was sick or had any trouble, they provided me food.

Scent of Flowers

I was meditating inside my cottage. Suddenly, I felt the scent of flowers. I lightened my focus, then it seemed as if aromatic flowers are scattered all around, and I am sitting among them. I had this vision for half an hour; then, I went into deep of meditation.

Meaning: Dear spiritual seekers! When a spiritual seeker meets *tanmatras* in his visions only then, there is a feeling of such a scent. Scents are the *tanmatras* of the earth. Therefore, I had a meditative vision of scent *tanmatra*; this is a state of *yoga*.

The vision of Great personalities

Nowadays, the pain in the neck had grown massive; even in the normal condition, I was in pain. Turning the neck left-right was as if it is about to break. There was a lot of stretch in the neck nerves during meditation; I felt like it would be better if I stopped meditating. My brain nerves were stretched too. I used to meditate for 3 hours at a time, but now meditating for even 10 minutes had become difficult. When there was a pain in the knot near the neck, I would break my focus immediately because that pain was unbearable. One evening, during meditation, it felt like *Kundalini* is rising upwards and burning my back. It seemed as if someone is piercing needles in the neck and the back. Then again, the mind became focused, I am looking at *Gautam Buddha*, then I saw *GuruNanak ji* and, after some time saint *Ravidas*. Thus, these three great men came in my vision and blessed me.

I Died Thrice

Once during meditation, I saw, I have died three times. Hearing such a thing would be a surprise for anyone. Every person dies only once, but I have died three times because of being a spiritual seeker. I see, I am dying, my whole *prana-vayu* is being sucked, so I am suffering from pain. Sometimes I would see darkness; other times it feels like a storm has come then I start to get conscious. After suffering for a long time, I felt like my soul will now get out of my physical body. I started crying because I did not want to die. I thought everything will end now. Then I felt that now all of my relatives are leaving. Then I realized that my son is very small, what will happen to him. I was missing my son, mostly when I was dying. My *prana* started

leaving my body, after suffering from intense pain for some time I died. After death, I went up.

The second time when I died, I was not on earth but in space. When I was about to die in space, my relatives were not there. There were two more creatures, just like me, suffering. They were also dying. When I saw those creatures, I started crying because they were also dying. I had a little love for them, so I was afraid of them dying. I was thinking that I would die too. I was afraid of death.

The third time when I was about to die, I was not feeling sorry like I did before, but I was smiling this time. I was ready to die this time. I thought that the sooner I die, the better it would be. While lying down, I saw, the earth is crushed under my back and my body has become huge, I covered the whole sky like it was a sheet. I did not know myself how long my body was because I was covering the whole sky. I started smiling. I was not having any pain, but I was happy this time. My vision ended.

The way I felt when I was dying during meditation was very painful. I cannot describe that pain in words, because explanation in words would be insufficient. When a person, when dying, remembers his relatives then, the grief increases even more. No one wants to die at that time, but it is impossible to come back from the hands of death. The death which came for the third time was exactly the opposite of the first two. There was no mental distress this time. At the time of death, there was immense peace and great happiness. The first time of death comes to an ordinary human being. The second type comes to very few humans who are spiritual, but they have some remaining *karmas*. The third type of death comes to *yogis* of the higher class.

I have had visions of all three deaths now, but I will have to attain the capability to experience them in the future. At the time of first death, due to cravings for worldly things and *prana*, severe pain is felt. In this type of death, things related to the physical body and physical world are left behind. The second type of death came on the removal of subtle substances, such as desires. One has to suffer from mental pain while trying to remove these subtle desires. This mental pain is much larger than the pain felt during the removal of physical desires. The third type of death comes on abandoning the subtle body. At that time, there is no remaining desire. Due to *Tattva-Gyan*, the *yogi* is happy at the time of death. He thinks, it is good that now I'll be free of the body so that I can settle in the grand causal body because by practice, the body has become introverted in the body of God making the causal body pervasive.

Spiritual seekers! I will indeed enter into the grand causal world after death. But my death has not yet come. I still have to live for many more years. I have to finish some important tasks. I have complete knowledge about my death, and I know where I will go after my death. Because once *Ritambhara-Pragya* manifests in a *yogi's chitta*, he becomes enlightened with knowledge. In the vision, I experience dying three times.

Bundle of *Karmas*

I had this vision in a dream, Kavita didi has come to me. She asked me, "Where is Anand Kumar?" I said, pointing in one direction, "Here he is." I pointed towards a pit. Kavita didi said, "Take him out." I started climbing down into the pit, which was more like a well. I kept climbing down into the pit. After reaching the

bottom, I picked a bag and began climbing up. I was suffering a lot while climbing up. I had no idea what was in that bag. As I came out of that pit, my eyes opened.

Meaning: Spiritual seekers! This is a bag of my *karmas* and is full of filth. This means, you should face your filth and *karmas*. Such *karmas* are destroyed by enduring them. Light *karmas* can be destroyed by *pranayama* and *samadhi*.

Body Became Arched

I have written many times before that my neck used to bend backward because the knot of my throat chakra was not open. The body also bent backward. Sometimes the body bent so much that I used to swing like a swing. Once during a mass meditation at *Shri Mataji's* place, I fell backward during meditation. My head hit the floor on the back, and I lost my focus because my head was hurting. Then forcibly, I sat straight up and started meditating again. Again, my body bent backward and fell just like before. All the spiritual seekers present there were looking at me. It took a little longer to sit straight this time because my body was exhausted and the spine was also hurting. I was sweaty so I took my shirt off. Whole-body was on fire because of the *Kundalini* and it felt like ants are biting me. Then I started meditating for the third time; neck bent backward again. This time my body posture was changing by itself. I was sitting in easy pose; it changed automatically to warrior pose. Then my body leaned backward and fell. This time my body was in severe pain, I couldn't even open my eyes because of the meditation. I was still in warrior pose when I fell on my back. I started focusing while lying down. Then, all the subtle nerves began to get stretched; the rate of *Bhastrika* also increased. In this situation my neck began to bend backward, head got stuck to the back and now the upper part

of the head stuck to the floor. Then suddenly, there was a strong stretch in the navel; the area around the navel was rising upwards towards the sky. Now my body was looking bow-shaped, the spine was rising like a limb of the bow and navel seemed to be jerked upwards. Spiritual seekers! You can understand how much pain my physical body was suffering. I was completely drenched in sweat. Then I had to break my attention forcibly because it was not breaking on its own.

For a few days, I would change my posture from easy (*Sahajasana*) into warrior pose (*Veerasana*) automatically. Then later, during meditation, I would sit in thunderbolt pose (*Vajrasana*), which made the pain completely unbearable. Legs used to hurt badly like they are broken. At the time of *Vajrasana*, the whole weight of the body was concentrated on the heels. The body was lifted upwards; back did not touch the ground. Then the same activity would happen again, navel was rising upwards and jerked upwards. Spine became arched. At this stage, I meditated for one hour at a time.

Spiritual seekers! In this state, the physical body was in a lot of misery; *sadhana* seemed to be very painful. This activity kept happening for many days. Then one day, *Shri Mataji* called me and explained to me, “The body is arched, navel rising is very important. In the language of *yoga*, it is called shooting an arrow. At that time, a lot of *prana* is filled in the navel. This *prana* goes out from *navel* into the sky. *The* navel chakra is the chakra with the highest capability to store *prana*. The body falls back due to *Kundalini* and *prana* because the upward path is blocked and the body cannot bear the force of *Kundalini*. Only spiritual seekers of the higher calibre have this kind of *sadhana* because the *Kundalini* and the *prana* make the body arched. With this, the subtle nerves of the area around the navel starts becoming functional. In the area around the navel, some subtle nerves are related to the whole life cycle of a living being. Therefore, this area needs to be developed so that the life

cycle of the practitioner can be disintegrated or his life journey may end forever i.e., life journey gets completed, and individual being can move towards emancipation.”

Shri Mataji told me that my throat knot was not open yet. It will be opened when the body gets more purified. Therefore, I must fast for one day in a week that will help me purify my subtle nerves, which will help in opening those knots. Then I began fasting on Mondays. I would drink only a cup of milk on the day of fasting. In the beginning, I used to have a lot of trouble because I got very hungry. Then, in some days, I got used to fasting.

Will Have to Suffer *Karmas*

Once I had a vision, I am walking somewhere in the dark. Suddenly, a giant man came in front of me. Seeing that giant, I started getting scared. I tried to hide from that giant, but he noticed me hiding from him. He held my hand brutally and took me away. I had no idea where I am being taken. He stopped after walking some distance and released my hand. Then he said something to me to which I did not agree. At the same time, a very scary and giant vulture-like bird came there. Its body was made of flesh and blood only. It seemed like its outer skin has been removed because blood was dripping from its body. The bird was soaked with blood and looked violent. It was so scary that my voice got choked. Its beak was almost one meter long. It started running towards me with its beak wide open. I felt like it would take my whole body in its beak at once. I screamed. I said to that giant man, “I will obey you.” The giant man pointed towards the bird, and the scary bird stopped right there. That bird was not an ordinary bird; its body was shining. Then the bird became invisible. I was standing there when a small boy appeared. He started beating me

without any reason. I said, “why are you beating me?” I also got upset and started beating him, then that bird appeared again. As soon as I saw the bird flying towards me with its beak opened, I started running away from it while chanting “*Om Namah Shivaay.*” As I ran ahead, I saw a river in front of me. River’s water was blue or black and not clean. I jumped into the river and dived into its depth. It was completely dark inside the river. I sat down on the bottom of the river and started chanting “*Om Namah Shivaay.*” I asked Lord *Shiv*, “*Prabhu!* Why am I afraid of that bird even when I am chanting your name?” Then I heard a voice, “one must suffer *karma.*” Then a *Shiv-ling* appeared there inside the water and my vision ended. I was still scared of that bird. The most surprising thing was that chanting “*Om Namah Shivaay*” did not affect that bird.

I concluded that these must be my *karmas* from previous births, due to which I was seeing that scary giant bird. Then I told Shri *Mataji* about this vision; she responded, “In your previous birth, you did some bad *karma.* After that, you started living in *ashram.* You have blessings of a sage, that’s why your *sadhana* is so strong.”

Meaning: Spiritual seekers! This scary bird, is my *karma* of past lives. That is why I have to suffer so much in this birth. I have to starve. The giant man, is a *prikritilay* (a yogic state of higher order) man, i.e., natural bondage. River is representing the physical world. It was due to these bad *karmas* of mine that I had to take birth in this world again.

Snake on Top of Me

Nowadays, I meditated eight to ten hours daily, and then I would chant *Shakti Mantra*. Because of the influence of the *Shakti Mantra* snakes used to come into my room. There were many snakes outside my room. One reason behind this was that the *ashram* was made in the fields, and the place was like a jungle. These snakes would get wrapped around even the doors; sometimes, they won't let me come out of my room. I had to call my neighbours then they would help get rid of snakes. Sometimes, I would see snakes hanging from the ceiling, sitting in the way out of the room. Some snakes would climb these walls very quickly but I was fearless to live all alone in that cottage. One night, I was alone in the *ashram*, and the silence was spread all around. I was lying on the ground, two snakes were also lying somewhere around me and some scorpions were sticking to the mat but at that time, I wasn't aware of them. In the night, when I woke up and turned the lights on, I saw these snakes and scorpions around my mat. I quickly ran out of the room and picked up an iron rod. I would not kill snakes so I forced them to run away. This continued for many days, snakes would come into my room, and it didn't matter if it was day or night.

This incident happened on Monday, 4th November. I was on a fast today. At about 11 AM, after bathing, I sat down to recite *Vishnu Sahastranaama* (a sacred hymn). After reciting and chanting *mantras*, I was chanting the *Kundalini mantra*. After chanting for almost one hour, my body was tired and very hot. So I laid down on the blanket on the floor. With garland in one hand and eyes closed, I was chanting the *Kundalini Mantra*. Before even five minutes could pass, I started feeling something cold from the right shoulder to the stomach, while the body was getting hot. I was completely lost in chanting. After some moments, I felt like something is

crawling up on my stomach near the navel and it felt cold. Even after this, I kept chanting the *mantra*. The coldness began to approach my chest through the navel. I liked this because there was a fire spreading in my body due to chanting, *Kundalini* was rising upwards too. When I felt some itch on my chest, I wanted to tickle it, so I touched my finger on my chest with eyes closed, then I felt as if there is something on the chest. I tried throwing it away with my right hand. During this, I got hold of the snake's mouth in my hand. I threw the snake away in one fast motion. Garland fell out of my hand. I got up and moved towards the door quickly. Standing at the door, I saw, a long black snake was lying on the mat. I almost lost consciousness after looking at the length of the snake.

A person in my neighbourhood was an expert in catching snakes. I called him promptly. That snake catcher and I entered the room, but we saw that the snake was gone. There was some luggage in the room, but we did not find the snake in that. That man said, "you must have had an illusion" because he couldn't find the snake anywhere in the room and he had to go back to his house. I thought, at first, the snake had appeared around the head; that's why I was feeling so cold at my shoulder. Then it went towards my waist clinging to my body, then towards the navel. I kept chanting the *Kundalini Mantra* as it moved from the navel towards the chest. When I got to know about the snake, I was very scared. When I threw it away and stood at the door, it was looking at me and hissing constantly. It seemed like it was watching me with love, but as I was afraid to catch the snake by hand, I could not love it.

I closed the room and went to *Shri Mataji*. I told her the whole incident, *Shri Mataji* said, "Now, you arrange for a cot and use it during meditation and sleep." When I told this incident to Kavita Didi, she said, "this type of a snake is not usually found here, this activity happens because of the *Kundalini Shakti*." After some time,

I found out that during meditation, my body radiated some special type of rays, snakes were attracted to those rays, that is why so many snakes came to me.

Mother *Kundalini Shakti*

This morning, I had some argument with a boy from Meerut. I told *Shri Mataji* about that; she remained silent. I understood that the boy keeps praising *Shri Mataji* all the time, so *Shri Mataji* does not see any faults in him. I do not flatter anyone unnecessarily. I focus on my *sadhana*. I do not interfere in anyone's matters, but still, sometimes, I have to hear from such people. I too want to do *sadhana*, so I endure them silently.

I was lying down in a sad mood. I was thinking about this subject, and then I fell asleep. I saw in my dream state, I am lying on the bed on my stomach. A girl came to me and started moving her hand in my hair. I was looking downwards at that time. She was touching my hair very gently. I thought, who is this girl? I raised my head upwards and kept looking at her for a while. I was still in a bad mood. The girl bent over and kissed my left cheek with her lips and stood in front of me. Her kissing me like this seemed very weird to me. The lips had such a touch that I immediately knew that she is not an ordinary girl. I got up. Her age would be about 20 years. I looked at her face. She was looking at me without showing any emotions. I thought, she is very young, but she loves me like a 'mother.' I asked, "Who are you?" The girl replied, "I am who you are thinking about." I said, "From your appearance, you seem to be very young. How can you be the mother?" Hearing that the girl laughed and said, "Son, I am not young. Now don't be sad. I am with you. Whoever does injustice to you, must face his *karma*. You focus on practicing *yoga*

and bear all kinds of hardships.” I said, “if you are my mother, then will you come whenever I call you?” The girl said, “I will definitely come. I am pervaded in your whole body.” I was surprised to hear her last words. Then, the girl’s appearance changed; I immediately recognized she is *Mata Kundalini Shakti*. The vision ended.

Meaning: Spiritual seekers! Now you can understand how much love *Mata Kundalini* has for me. In the future, I used to solve all my problems with her help. It felt like that girl just touched my left cheek.

Tree and Cobra

Today, 19th December, I had a vision in the morning during meditation, I am standing at someplace. I heard the sound of a snake hissing; the sound was quite loud. I started walking towards wherever the voice was coming from. After walking a little further, I saw, there is a tree standing, not so green but also not so dry. It doesn’t have many branches, just some leaves here and there. The tree is not looking good, and its roots are also open. On the other side of it, a snake is striking its hood on the tree’s roots and the trunk. The snake was very angry. I was watching from far away, but the snake couldn’t see me. I kept looking at it for some time; then, I walked away fearing that the snake would spot me. At the same time, the snake spotted me and ran towards me. I quickly ran away from there. Then my vision ended.

Meaning: Spiritual seekers! Tree is my body. Snake is the *Kundalini Shakti*. There is an excess of inert matter in the body. The nature of the *Kundalini Shakti* is *chaitanyamayi* (pure conscious), so it destroys inertness. The snake is striking its hood on the roots of the tree, the snake is destroying my inertness. Once the inertness

inside me is destroyed, the existence of the tree will also be destroyed. Then this body will attain divinity.

I am Not an Enemy but A Friend

I am standing in a deserted place. I heard the sound of the hissing of a snake. I started walking towards the voice. Ongoing further, I saw a huge reservoir filled with plenty of clean water. In the middle of that reservoir, a snake is sitting on the water with its body coiled and hood raised in the air. A thought came into my mind, why is this snake hissing in the water? Seeing this scene, I got scared and started running away from there. After running for some distance, my legs stopped automatically as if they were stuck to the ground. I put a lot of force to make my legs move, but I couldn't. Then, the snake came in front of me; it felt like it will bite me but it didn't. That snake was standing in front of me with its hood raised. At that moment, a voice came from the sky, "I am not your enemy but a friend. I will come whenever you call me." Then the snake went away and the vision ended.

Meaning: Spiritual seekers! Sometimes *Kundalini* is seen like this in visions. A snake is hissing on top of the water. The reservoir, is a symbol of the physical world. The water is the *vrittis* of the *chitta*; they appear in this form. The hissing of snakes means, *Kundalini Shakti* is spreading its consciousness.

Now I used to take food at 2-3 p.m. I had a habit of eating only once a day. Sometimes, I used to fast on Tuesday and Wednesday, too, just like Monday. During fasts, I took two bananas and 200 ml. of milk at noon, which made my body pure.

The Year 1992

Body Got Purified

Now I started feeling like my body is becoming pure. I did not eat anything from the market, did not even drink tea, did not drink water handed over by others, did not take food cooked by others. If I ate something given by others, then I felt it in the meditation. I would see everything about the person who cooked that food because of the *samskaras* of the cook transfer along with the food. I paid special attention to my food. Now, I had stopped taking grain; I used to eat banana and milk only. Sometimes, I would eat boiled potatoes and sweet potatoes, that too in a very little amount. In December, I ate grain once, but only because *Shri Mataji* asked me to, never again. One cup of milk and two bananas was all that I used to eat. I didn't feel any weakness because my *Kundalini* was rising. I didn't talk much to anyone, didn't sit near anyone for a long time so that their impurities would not affect me. These days, I used to meditate for 10-12 hours, chanted *Shakti Mantra* for two hours and did *pranayama* 4-5 times a day. *Pranayama* took almost one and a quarter-hour. Then I did exercises for half an hour and read spiritual books. There were always people coming to the *ashram*; I had to talk to them also. I also watered the trees in the *ashram*. Slept for 2-3 hours at night, I didn't need much sleep. My thoughts had started changing very much now, becoming pure.

I Was Naked

Now I had a lot of such visions in which I saw that I am naked and roaming comfortably in a deserted place. The surprising thing was that I could also see the back part of my body. No human can see the back portion of his body, but I could see my whole body from head to toe. While wandering in that deserted place, I thought if someone was watching me walk naked in this place. I had started thinking about this when I saw a human walking towards me. I ran away at extreme speed so that man could not reach me. I turned back and saw, that man was still walking rapidly towards me. I was scared of the thought that the man would reach me soon. Then I saw, on my right side, there is a river flowing. I went near the river and dived into it. During the dive, I got out of my body and stood apart; now I was watching, my former body jumped into the river. I laughed loudly saying, “he jumped into the river just because he was naked.” Then I laughed so loudly that my eyes opened and the vision ended.

Meaning: Spiritual seekers! I could see that I am naked, so I jumped into the river. Being naked means “being devoid of any fallacy.” But due to ignorance, this fallacy came into my mind, I am naked, so no one should see me. I should not have had such a thought in mind. This fallacy can be destroyed by practice only. I am afraid of that man just because of this fallacy. The body that got out of my physical body while jumping into the river was my causal body. I jumped into the river just because of that fallacy, and that is why I was laughing.

Abstaining Grains

I got the idea of completely avoiding grains so that my body would become purer, and my *sadhana* would progress even more intensely. I started doing more *prayanama* so that I would feel less hungry. Inertness increases with the consumption of grain in the subtle nerves. I felt this during meditation; that is why I increased practicing *pranayama* and stopped consuming grain. *Shri Mataji* had asked me to eat rice once a week but I had decided not to eat grain at all. My headache also ended after a few days I started doing this. I used to have a lot of pain in the head. Now this pain ended because of the purification of the subtle nerves.

Once I was chanting the *Shakti mantra*. I chanted the *Shakti mantra* daily so that the purity inside me would increase even more. While chanting, my eyes got closed, and I had a vision, two plates of food came in front of me. The food was smelling very good. I wanted to eat, so I raised my hand forward, but suddenly, my hand started trembling and retreated automatically. I saw a woman sitting on a height in front of me; that woman looked like a goddess. She had a shiny crown on her head. She said, “Son, you have given up grain from your physical body. Now give up the grain from the subtle body also, so that you have no desires left to have food at all.”

Knot of The Throat Chakra Opened

During meditation, my *prana* used to stop in the throat, the knot in my throat obstructs the path. I had to suffer a lot of pain because of it. *Kundalini* also couldn't

go any further than this knot during meditation. This knot is a huge hindrance to every spiritual seeker. It takes many years of *sadhana* to open this knot. Otherwise, some spiritual seekers have to spend their whole life trying to open this knot, and even after that, it doesn't open. After reading my meditative visions, you all must be aware of how much I had to suffer because of this knot. Now, I could feel subtle nerves opening during meditation, along with some pain in the neck. Even in the normal state, the neck would hurt like an abscess. Moving the neck even slightly would hurt. I was now beginning to understand that the knot would open soon because, during meditation, my neck used to get into a very bad condition every time. A person who keeps doing any work patiently for a long time, surely succeeds. One day during meditation, all the subtle nerves began to stretch and the knot started hurting too. I felt as if *Kundalini* had hit its head on the knot and entered inside it, due to which, the subtle nerves inside the knot have been separated and scattered. *Kundalini* pushed the throat chakra again; this time its head passed through the throat chakra. At the same time, I began to feel that my throat chakra is open now. As *Kundalini's* head had moved further up from the throat chakra, my *prana* reached brow chakra. I felt like there was plenty of air-filled in the throat chakra, now as it was open, it felt completely hollow because both the *Kundalini* and *prana-vayu* had moved upwards. I was very happy that my throat chakra has finally opened.

Now my position during meditation had changed, I was on throat chakra earlier, and now I am on brow chakra as both *prana* and *Kundalini* reached the throat chakra simultaneously. Now the mind did not wander like before but helped me and was always engaged in contemplation of God. It was also happy, and there were no bad thoughts now. My mind kept thinking that I should stay in meditation forever. My throat chakra opened in the first week of January.

I had this vision in mid-January. My wife came to me in her subtle body; she was looking troubled. I asked, “what happened?” She said, “there is always a pain in my stomach. You are a spiritual seeker; please help me.” I put my right hand on her head and used *shaktipat* on her forehead with my thumb. During *shaktipat*, she moved on one side. I asked, “What is the matter?” She said, “You did *Omkar* very loudly, I couldn’t bear it. My pain is cured now.” She returned after some moments. After this, she never returned because she has taken birth.

Cerebellum (*Laghu Mastishka*) and *Agya Chakra*

Spiritual seekers! Now my *Kundalini* has begun going above throat chakra. There are three paths from the throat chakra to *Brahmarandhra*, 1. **Straight Path**, this path leads straight to the *Brahmarandhra* door, making an angle of 90 degrees from throat chakra. 2. **Eastern Path**, this path first goes to the brow chakra from throat chakra, then rising slightly above reaches the *Brahmarandhra*. 3. **Western Path**, this path reaches the *Brahmarandhra* door passing through the middle of the cerebellum and then rising slightly above. So, there are three ways for the *Kundalini* to reach the *Brahmarandhra* door from throat chakra. If we observe the eastern and western paths carefully, then we find that they both meet in the shape of a bridge.

Meaning: Spiritual seekers! So far, the *Kundalini Shakti* was at the throat chakra for a long time, but if the *Kundalini Shakti* is fierce then it doesn’t take much time to reach the *Brahmarandhra* door. One more thing, when *Kundalini Shakti* moves upwards from the throat chakra, then it passes through all three paths one by one, consecutively. The western path is painful for the spiritual seeker because the *Kundalini Shakti* rises through the cerebellum tearing it apart brutally. The fiercer

the *Kundalini Shakti* is, the more the spiritual seeker has to suffer because *Kundalini* makes its way by burning the area around it. The structure of the cerebellum is like a cabbage flower. When the *Kundalini* makes its way forward in the cerebellum, then the focus of the spiritual seeker breaks sometimes because of the intense pain. It seems as if a hot iron rod has penetrated inside his flesh, but the spiritual seeker has to bear this pain. On the other two paths, there is no suffering or pain. When *Kundalini* reaches brow chakra, then there is little pain during the opening of the brow chakra because *Kundalini* scrapes the membranous thing located in the brow chakra. Divine vision starts working rapidly when the *Kundalini* reaches brow chakra, and the spiritual seeker becomes very powerful subtly. A spiritual seeker can also cause tremendous damage to others if needed. But it is forbidden because one should have a sense of well-being of others.

Spiritual seekers! Now my *sadhana* had become even more intense. I used to chant the *Shakti mantra* a lot so that my *Kundalini* would become fiercer. *Kundalini* would rise to the cerebellum while I was chanting, then pushed the cerebellum hard, and my chanting stopped instantly because I was in severe pain at that moment. Thus, there are lots of troubles during meditation due to *Kundalini*, but it is necessary to bear them. My *Kundalini* reached up to brow region very soon. After several days of making a path inside the cerebellum, *Kundalini* crossed it one day. I thought, now I will be in comfort as the path is open now. After the cerebellum, *Kundalini* started trying to open the brow chakra. I always knew through which route is *Kundalini* is going, right now. Mostly spiritual seekers are not aware of the path their *Kundalini* is passing through. This happens with spiritual seekers whose *Kundalini* is either calm or medium. Spiritual seekers with fierce *Kundalini* are always aware of the location of their *Kundalini*.

Spiritual seekers! I had this vision on 31st January at 11 PM. Today is Friday, and I go to *Shri Mataji* every Friday as mass meditation takes place there on this day. A lot of regional spiritual seekers come there on Fridays. I was meditating with everyone present there. Today, I was facing too much trouble during meditation because the nerves near the brow chakra were being pulled hard. *Kundalini* was spreading fire in the brow chakra because of its intensity. Due to this, my eyes had a burning sensation and were being pulled inside. It felt like as if brow chakra is about to burst. Then I got out of my focus. After some time, with the permission of *Shri Mataji*, I returned to the *ashram* at around 9'o clock in the night. Then at 11'o clock, I sat for meditation again. *Kundalini* started working instantly. It seemed as if brow chakra would burst, *prana-vayu* was also pressurizing the brow chakra. The whole brow chakra started to vibrate and the nerves around it began to crack. After a few moments, the pain reached the peak but my mind was stable at the brow chakra. It is not possible to meditate in such pain but then, I got relief from the pain. All of the *prana* moved upwards. *Kundalini* also moved slightly above the brow chakra.

Both of the *prana* coming from the eastern path and the western path got combined at *Brahmarandhra* door. Now, a tickling started in the upper part of the head; it started to feel like I have reached a very high point. I was overwhelmed with joy because this was a great success. I told everything in detail, then *Shri Mataji* said, "Your brow chakra is now open."

After opening the brow chakra, my divine vision started working exceedingly well. So now, I used to get a lot of information about others and also used to have a lot of conversations with saints and *Mahatmas*. I got to know a lot of information about the *lokas* above, but I am not writing these things here, only the main meditative visions.

I became Weak

I started feeling weak in February. I could not walk much, was not used to sitting for a long time. I preferred lying down. But I felt no weakness while I was in meditation. It had been more than a month since I had consumed grain. Purity in the body had increased a lot, but due to the *Kundalini*, the heat inside the body increased very much. Sometimes, I would not defecate for three days. And when I did, there would be blood coming out along with the faeces. I told this to *Shri Mataji*; then, she told me, “Your intestines are wounded because of the heat generated by *Kundalini*. If you drink milk with ghee added in it, there would be no wounds. I started drinking ghee added milk. It felt like my whole body is filled with fire. I could feel the fire inside me all the time. I couldn’t figure out what to do, because I could not reduce the practice; I was deeply engaged in meditation now. Despite so many sufferings, my mind was always pleased, and I actually enjoyed enduring pains. The mind always remained focused and because of the excessive heat in the body, my condition was like crazy people. The way of seeing through my eyes had also changed. Sometimes, I would not care about anything. I had become habitual to forgetting things. Many times, I kept looking at the boiling milk. The milk would boil and come out of the vessel. I would be looking at the milk boiling out until after some time sensing that milk has boiled. Every time, I thought I won’t let it happen again, but again it would boil and spill out in front of my eyes. Then I got angry at myself, why does this happen every time? My body had become very weak, only bony structure. Whenever anyone asked about my health, I had nothing to say except that I have been sick. I used to remember God all the time because that was all I could focus upon. The mind which I couldn’t control earlier had now become stable itself. All this was because of the aggressiveness of my *Kundalini*.

Me in the Womb

I had this vision in March. One night, I was asleep, I saw, I am in a dark place somewhere. My body is in a special posture; it looks like it is floating upside down in the water. The water is stinking. Both knees are touching my face; my posture is like a baby in a womb. Touching both knees near the mouth caused a strain in the neck, which caused pain in my whole body. Then my eyes opened. I found myself in the same posture as I was in the dream. I fell asleep again, and I had the same vision again that I am inside a womb, and my body is feeling the pressure of *prana-vayu*. My body is trying to get out but it cannot. My body is in pain because of the pressure generated by the *prana-vayu*, then my eyes would open, and I would find myself in the same posture again as I was in the womb. This kriya happened three times; then, I laid down on the side again.

In this vision, I came to know about the condition of a baby in the womb. What kind of pain the child experiences during the pregnancy was shown to me in this vision. That is why I made postures like a baby in the womb in my sleep. My physical body used to suffer because of this. This meditative vision was very long. I have written it very briefly, though. In the vision, I was explained, how a child is born and how much pain he has to suffer at that time. I saw my own birth and felt some part of the pain I had felt back then. No human being remembers the pain he felt at the time of his birth, but in this vision, I got to see and feel the pain I had to bear at that time.

Breastfeeding by *Mata Kundalini*

I had a vision, I am a very small child, lying down with a woman. She turned me towards her with the support of her hand. Then she put her hand on my head and tried to put my mouth on her breast. As soon as she tried to breastfeed me, I moved my face aside. Then the woman held my head and tried to breastfeed me again, but I moved my mouth away. But for the third time when she tried to breastfeed me forcefully, a little bit of milk came inside my mouth and that milk was very tasty. The milk was mildly sweet. Such milk is not available in the physical world. I could feel divinity in it.

Meaning: Spiritual seekers! I have written this vision very; briefly, it is not appropriate to write it in detail. This woman is *Kundalini Shakti* herself. These days, I do not eat grain, so I am always hungry. Therefore, to satisfy my subtle body (for hunger), *Mata Kundalini* had breastfed me herself. I kept having such visions until I ate grain. Perhaps, you might be surprised to read this, but this is true. I have blessings of *Mata Kundalini* with me. When I told *Shri Mataji* about this, she was very pleased and said, once *Adiguru Shankaracharya* was so engrossed in God that he forgot to eat anything. There was a statue of the goddess in front of him, and milk started coming out of the stone statue automatically. Then he drank that milk and got satisfied.

Kamdhenu Cow

I saw in a vision; I am sitting at someplace on earth. A cow appeared in front of me; she was standing at some height above the ground without any base. We were both looking at each other. The cow was very beautiful, pure white. Her small horns were slightly bent inwards; her eyes were black and clear. She was not looking like an ordinary cow because she was standing more than one foot above the ground. Secondly, a mild light was emerging from the cow, and a moving ring of light was also visible around her. Then the cow said something to me, her voice was like a human being, but I could not understand the language. I said, “I could not understand what you just said to me. Please tell me again.” The Cow said again, “Your *sadhana* will get better in one year.” After hearing this, I greeted the cow. She placed both her front legs on my head. I said to the cow, “You gave me your blessings, I am thankful to you.” Then the cow disappeared. Spiritual seekers! This cow is sacred for the gods. She is *Kamdhenu*. She resides in *Goloka*.

Loss from Siddhis

In this vision, the benefits and the downside of having *siddhis* are explained. When a human being attains *siddhis*, then he can do many things with their help. People in society start worshipping him like a God. At that time, that man achieves a lot of fame also because he possesses the ability to do amazing things. Many people try to earn popularity using these *siddhis*, but after a long time, these *siddhis* stop working one day, and the person is left devoid of these *siddhis*. If that person has used these *siddhis* for wrong purposes, then they harm the person as well in one form

or another. Then the people who used to worship him, start making fun of him. Therefore, one should avoid using these *siddhis*. They cause hindrance in the spiritual path of a *yogi*.

Information About a Female Spiritual Seeker

Spiritual seekers! These days, my divine vision works very well. Not only earth, but I can also get information about any *loka* with the help of my divine vision. Sometimes, this information came to me by itself during meditation. Now, I used to know about my relatives and other Spiritual seekers while sitting in the *ashram* in Miraj. But I would get to know about many spiritual seekers without any efforts. Here, I am describing a female spiritual seeker in brief. She was from Thane (Mumbai). I saw through my divine vision, this female spiritual seeker is sitting in front of me, but her physical body has become very weak. I said to that female spiritual seeker, “What has happened to you, why have you become so weak?” But she did not say anything in reply and kept looking towards me. I had a thought, she is weak, and she has a lot of physical pain; that is why she is sitting quietly. In another scene, the husband of this female spiritual seeker is pressurizing her to go somewhere out, but she does not want to go anywhere at all. After this, I got a lot of information about the female spiritual seeker, describing that it would not be appropriate.

After the vision, I thought, I have not even talked to this female spiritual seeker ever, then why did I have a vision about her. From the vision, I understood one thing clearly that she had been sick. When this female spiritual seeker came to the *ashram* on the occasion of *Akshaya Tritiya* (a Hindu festival), I asked her, “How

is your health?” She was surprised to hear this and said, “How do you know I was sick? I have not told anyone.” I did not say anything and smiled. She asked *Shri Mataji*, “How did Anand Kumar know that I am sick? I have not told anyone yet.” *Shri Mataji* told the female spiritual seeker, “Anand Kumar can now know anything with the help of his *yogbal* because he has divine vision.” The female spiritual seeker came to me after some time and asked me, “Anand bhaiya, what else do you know about me?” I said, “I know a lot of things about you.” Then I started telling her when she asked me and she kept listening quietly. When she understood that nothing could be hidden from me, I told her, “A spiritual seeker never talks about someone’s personal matters to others. Don’t worry about me.” After hearing this, she became happy and left.

Tanmatras

Only a spiritual seeker can have this type of vision. These visions are very pleasing. Though these visions come to spiritual seekers during meditation, I had them in my normal condition, I heard voices in my ears. These voices would be of relatives sometimes and sometimes of strangers. I often came to know who was speaking; I would listen to some words which I answered instantly from the inside. I knew exactly what I heard and what I answered. Sometimes, I listened to my friends, talking to each other. Sometimes, *Shri Mataji*’s words were heard, loud and clear. My mind was bored of hearing those voices. Once I told *Shri Mataji* about this, then she told me, “Your *sadhana* is progressing rapidly, only then a spiritual seeker reaches this state. Even during my *sadhana* period, I heard such voices for a few days, and then I stopped hearing them automatically.”

Meaning: When the *sadhana* of the spiritual seeker enters the *Tanmatra*, then these things start happening. These voices are related to sky (*Akash*) *Tanmatra*. By practice, when *sadhana* progresses forward, then such types of voices are stopped. At first, these voices seem very pleasing, but then the mind gets bored with them.

One day I wanted to listen to sounds during meditation. I sat in meditation and started trying to listen to the sounds. First, I heard a sound, like the one that a cricket makes. Then this sound began to increase gradually, and it became so loud that I started having trouble bearing it. Then I heard the sound of a bell ringing. This sound became so loud that it started to feel as if thousands of bells were ringing in my ears. I listened to this sound for a while then got up from meditation, as this is not my path.

I had this vision during meditation, I am standing at a deserted place. All of a sudden, a sound came from the earth, like the earth was exploding and the earth cracked at some distance from me at the same time. Then a woman appeared out of the earth. The upper body of that woman (above the navel) was above the earth, and the rest of the body was below the earth. She was wearing a green sequined *sari*. A very high crown was on her head, and there was light emerging out of her body. Then, she said something to me that I could not understand. She was speaking something very loudly. I began to think, why can't I understand this woman's language. The wind was blowing very fast at that time, so I could not understand her voice.

Meaning: Spiritual seekers! I could not understand that woman's language. This woman was a form of earth, which means I saw the earth in the form of a woman. She was saying something to me that I was not able to understand. Though the earth

is a planet, spiritual seeker of higher calibre and *yogis* also see it in the form of a woman. If the practitioner wants, then he can also talk to her.

Gondelakar Maharaj

I had a vision during meditation, a saint was sitting with his disciples, and I was watching him from far away. I had no way to reach him as his disciples were sitting in front of him. I greeted him by folding both of my hands from a distance and said, "I salute you." He told me, "Me?" I said, "Yes, I salute you." He smiled and said, "Well, you stay in the second. Not in the third, you would stay in the second." I was standing at a little distance from him with my hands folded. Then I asked the disciples sitting in the way, "Please come to one side; I want to greet *Swami ji*." His disciples went on one side, and then I greeted *Swami ji*. Then he patted my back. As soon as he put his hand on my back, my *Kundalini* started rising upwards and breathing also became very fast. Then again, he put his hand on my back and moved it from my head towards the bottom. Then my *Kundalini* went back to root chakra and became calm. And the vision ended.

Meaning: Spiritual seekers! This *Swami ji* was a very great *yogi*. Most of the people in Maharashtra know him and even worship him. He was also from Maharashtra. *Swami ji* said to me, you stay the second but not the third, which means that I will have a second birth but not a third one. A *yogi* who attains the highest state of *sadhana*, he knows his previous and next lives. Essential information: I would like to tell all the readers that as per the karmas of that time that I had this vision, I should have another birth. That is why *Swami ji* told me so. But now, I have attained *Tattva-Gyan* by doing extremely strict *sadhana*, so I will not be born again. This is my last

birth because I have destroyed the *karmas* from their very roots. I have destroyed the ignorance that was on my *chitta* with the help of *Ritambhara-Pragya*. You will get to read about this later.

An Inverted Pitcher

I had this vision in the month of May-June, in front of *Shri Mataji*. I was meditating in front of *Shri Mataji*. I saw, I am looking upwards. Up there, I could see a pitcher placed upside down. A ray of bright light is shining near the mouth of the pitcher, and due to this, ray light is spread all around that is making the mouth of pitcher visible. Its mouth is closed so what is inside it is unknown to me. I tried to look at what's inside but could not see anything. This vision lasted for a few moments and then ended.

Meaning: that inverted pitcher is the *Brahmarandhra*. *Brahmarandhra* faces downwards; that is why that pitcher is upside down. The shining line is *Kundalini Shakti*.

A Burning Tree

I had a vision, there is a tree with thick twigs, it looked more like a dead tree. The tree caught fire. The fire has surrounded it from all sides. Due to the burning of the tree, high flames are rising; after some time, I started seeing smoke. Then I saw, this smoke is filled inside my entire body. I started thinking, why do I see this

smoke? Where did it come from? Then I remembered that the whole tree must have burned down; that is why this smoke appeared because the tree was not visible to me now. When I told

Shri Mataji, about this vision, she was very pleased and said, “According to scriptures, this tree; you saw burning inside your body, is your *Tamoguni karma* from your previous lives. They have been burned down to ashes now. This is a huge achievement for a spiritual seeker.”

Spiritual seekers! *Shri Mataji* told me that my bad *karma* was being burned, but you must remember this, not all *karma* can be burned using *yogbal* but only a few, no matter how powerful a *yogi* is. The same happened to me; I have some *karma* left, which will be destroyed only by enduring their consequences. The *karmas* that are left even after the *samadhi* are destroyed only by bearing them.

Towards Purity

I had this vision at 1 PM, I am going somewhere. On the way, I met a very beautiful girl. Her age would be around 8-9 years. The girl raised both her hands towards me, next moment, I raised my hands forward and lifted her and put her on my shoulders. The girl was a stranger to me, but still, we were interacting as if we are very familiar with each other. I started moving forward with the girl on my shoulders. I was feeling like I am not walking on earth, but far above it. Afterward, the path transformed into a place with small rooms, and I felt like I was entering into one room from another. The room is completely closed from all sides, but the door opened automatically as soon as the girl pointed towards it. The design of every

room is similar. Then I thought, where is this girl taking me? Will I ever be able to come back or not? Who is this girl by whose gesture only the path ahead is shown?

Going forward, as I entered the room, I saw *Shri Mataji* sitting at a higher platform. A light aura is spread all around her. In front of her, many beautiful and well-dressed girls are eating their food. *Shri Mataji* smiled at me. Right then, I wanted to have some food also. Then a sound came, “Your food is not here.” I became a little sad after hearing this. Then *Shri Mataji* said, “This is Anand Kumar, give him food.” I sat there, something like a plate appeared in front of me by itself. Then the food was being served to me; I could only see a spoon, neither the person serving it nor the food being served. A girl by my side and I started eating food, after having food, the girl disappeared. Then *Shri Mataji* pointed to one side and said, “You go there.” I went to the same place *Shri Mataji* had asked me to go and sat in meditation there. I could not remember how long I had been sitting in meditation. When I got up and looked at the front of me, I saw, there was something written there. I cannot remember the first sentence. The second sentence was, “*Prana* is doing their job right and *Brahmarandhra* is closer to purity.” These words were written by light like blazing coals; there was bright light like hundreds of suns spread all around.

Meaning: Spiritual seekers! The girl who was guiding me and disappeared after eating food with me, she was *Kundalini Shakti*. The food that I had eaten was not visible to me because that was not actually real food but spiritual offerings. It was *Guru Tattva* in the form of *Shri Mataji*. The luminous power that resides in subtle form was visible in the form of *Shri Mataji*. *Shri Mataji* was not physically present there, but in such a situation, *Shri Mataji* herself does not know who her spiritual self is guiding. The spiritual element prevails everywhere, including in the body of the disciple, it acts through the subtle nerves.

Pressure on Navel

For some days now, my head starts pressing downwards during meditation. In the beginning, I sit completely straight, but after some time, due to the head pushing downwards, the neck contracts completely. The lower part of the head falls on the shoulders and the whole body starts contracting slowly. It seems that the spine is also contracting downwards. At that time, the pressure of the whole body falls on the navel; this state would last for a very long time. After a few days, navel started becoming very hot. Sometimes, it seemed that the navel is a sphere of fire. At the same time, *Bhastrika* also starts to function, by which the heat of the navel advances upwards. There was so much pressure on the stomach that it was suffering from pain. I contract downwards so much that my body becomes very small.

Meaning: Spiritual seekers! This activity occurs when the spiritual seeker's *sadhana* is in brow chakra or above it. In this, the *Udana vaayu* in the body comes downwards, and the air below goes up. This helps the *Kundalini* become aggressive. After getting up from meditation, I used to do corpse pose (*Shavasana*) so that subtle nerves of navel would get in the correct state; thereby, there would be no problems in the stomach.

Shirish Joshi, a disciple of *Shri Mataji*, is presently *ina*. Shirish Joshi has known *Shri Mataji* since childhood. We had a close relationship for many days. These days, Shirish lives in Baroda (Gujarat), he is a manager in the syndicate bank now. One evening, while we were meditating together, I got some information about him, and I realized he was in some trouble. Then I got to know everything about him using my divine vision that he is a little stressed about the banking business. Next morning, I told everything to Shirish Joshi, "When you go your job this kind of

bridge and forest falls in the way, the land on the path is like this, there is a railway bridge too, the rail line is single track, there is very little water flowing in the river, the river rises very much during rainy season. Some people in the office do not have good feelings about you.” When I told all this to him, he was amazed and said, “How do you know everything about me?” I said, “Everything can be known with divine vision.” Then I also told him his future so that he becomes alert. He told *Shri Mataji* all the things I had told him and asked, how does Anand Kumar know so much about me? *Shri Mataji* said, “Anand Kumar has great visions because his state in meditation is good.”

Your *Prasad* is here

I saw in a vision, I am standing at someplace, there is a very high place in front of me. Some men are standing there; I am looking at them. Then a voice came, “Your *prasad* (spiritual grace) is here.” The voice was coming from the back, I looked back and saw, three goddesses were standing in the space. On the left, a goddess was riding a lion. In the middle, a goddess was sitting on a lotus. On the right, a goddess was riding a swan. Then the goddess sitting on the lion merged into the goddess sitting on the lotus. Then, the goddess riding swan merged inside the goddess sitting on the lotus. The third eye of the goddess on the lotus was open. The goddess said, “I have your *prasad*, come forward and take your *prasad* from me.” And then the vision ended.

Meaning: Spiritual seekers! The goddess who was asking me to take my *prasad* was the *Mata Kundalini*. All the goddesses have manifested from her only, that’s why I

saw both of them merging into *Mata Kundalini*. I saw this whole scene in a few moments.

Brother's Subtle Body

My brother's subtle body came to me during my meditation and said, "I know very well about my death because it is written on my heart. In my previous life, my name was '*Bhanupratap*.'" When I saw the previous birth of this brother, I found out that his subtle body is telling the truth because the subtle body knows everything. But the brother does not know that his subtle body has spoken to me.

Going to Other *Lokas*

I had this vision in July, I am climbing fast, holding a vine as a support which went straight up to the sky. This vine is very soft and thin. I am also seeing, the area of the sky through which I am passing while climbing the vine, is illuminated with mild blue light. There are no sun, moon, and stars in this sky; it is self-illuminated. While climbing up, I stood on some ground, but this ground was not visible, but I could feel it. Now I started moving forward on this invisible ground. I saw men and women standing at a place without her face turned on one side in front of me. I also went to the same place. There were fewer women than men. Then I found myself standing in front of a woman who was sitting on a throne at a high place with her face turned on one side. Some of the men present there said to the woman, "Mother, this man has come from a very far away, please give him *darshan* (glimpse)." After

hearing to those men, that woman turned her face towards me; I greeted her. The aura around the woman's face could be seen, and her colour was light black or blue. She had a high crown on her head; she was taller than me, all the men and women there were very tall. The woman had very long hair. Then she became invisible from the throne. Some men came to me and said, "where have you come from?" For a moment, I thought why are these people asking me like this? Then, another man asked me, "Which *loka* have you come from?" I answered instantly, "I am from *Prithvi* (Earth) *loka*." In the meanwhile, some people present there said, "Well, you have come from the earth. Days and nights are very short there, and most men are engaged in wrongdoings. But you are a *yogi*, that's why you could come so far." I thought why these people are saying so. Then one of those men said, "There is no night here in this *loka*. Now you should go, you cannot stay here long. Come again in the future." At the same time, I started falling. And the vision ended.

Meaning: Spiritual seekers! By reading the vision, you may have understood that I had gone to some higher *lokas*. Because that woman was light black or blue, she may be a form of *Kali* or *Chandi Devi* (a ferocious form of goddess). The space there was a little bit self-illuminated with a blue colour. The vine is my *Sushumna* nerve.

Resolve that All Chakras would open

Nowadays, I used to feel very sad because I was insulted without any reason. I complained to *Shri Mataji* about this but she did not pay any attention to this but started telling me my own faults. She said, "you are dry towards your *guru* (*Shri Mataji*)." I could not understand how praising my *guru* could help my practice of *yoga*. If *yoga* could be practiced simply by praising your *guru*, then there would be

absolutely no need of any practice, everyone would achieve perfection in *yoga* and there would be no importance of *karma* left. You must be thinking, Was I anti-guru? No, it is not like that. If it were so, then I would not stay in the *ashram* nor would I be allowed to stay there. It was only because of my desire to do *sadhana* that I was staying in the *ashram*. I had many problems in the *ashram*. In the beginning, I lived all alone without any electricity in the *ashram*. There was no clean place to live in. I am not saying anything bad about anyone, just telling how I lived. During my stay in the *ashram*, I have heard a lot of unreasonable comments from dear disciples of *Shri Mataji*. These dear disciples of *Shri Mataji*, whose *sadhana* has not even begun yet, and it will not begin for some time now. I think they will not be able to become a spiritual seeker even after many years. By the time I am writing this, 25-30 years have passed and they are still zero in *sadhana*. I have made many sacrifices for *sadhana*, left everything. I do not want to waste my time unnecessarily. My *sadhana* has come to such a state that I understand the difference between good and bad. Doesn't *Shri Mataji* know about this? If I can know anything about others, won't I know about *Shri Mataji*? Can she save herself from my strong divine vision, that I would not know about her? I have seen the last five births of *Shri Mataji* and I know everything about her present.

Spiritual seekers! I am not anti-guru. I love *Shri Mataji* very much, but the truth is superior, and I follow the truth. A spiritual seeker who is anti-guru is the worst person in the world. These days, my entire work is accomplished due to my unwavering devotion to the *guru*. That is why I am successful today. So spiritual seekers! Have faith in your *guru*.

The festival of *Guru Poornima* had come again; spiritual seekers started coming to *Shri Mataji*'s place. My father had also come here. At that *Guru Poornima*, *Shri Mataji*'s dear disciple, insulted me very much, but *Shri Mataji* didn't

say anything about this while she was listening at that time. I felt very sad. I asked father, “Should I come back home, would you have any problems?” Father said, “You can come. We have no problems.” I wrote a letter to *Shri Mataji* and wrote down everything, I am going home, arrange some other spiritual seeker to stay in the *ashram*. I handed over the letter to *Shri Mataji*. This *Guru Poornima* festival passed in nothing but grief. Then during meditation, I had a vision, a saint came to me and said, “Son, you will not return home yet, do your *sadhana* here in Miraj.” I gave up the plans of going home after thinking a lot. After *Guru Poornima*, a lot of spiritual seekers returned to their homes; some were still here. I came back to the *ashram* all alone because the rest of them were still in Miraj. I was very tired so I fell asleep.

In a dream I saw, a fourteen-fifteen-year-old boy came to me, holding a glass in his hand. He handed over the glass to me. I saw inside the glass; there is something like curd, he asked me to drink it. I started drinking that curd-like thing. As soon as I drank it, the very moment it entered my mouth, the boy said to me, “Resolve that all chakras would open.” Suddenly, I said jokingly, “Why would I resolve that my chakras would open.” Then again, I started drinking that curd-like item from the glass. That looked like curd, but in the taste, it was very different than curd. I drank it all. That boy was smiling at me; his face was very bright. He was very handsome. I started smiling back at him also. Then I said, “well if you’re insisting, I would resolve.” I could say only this when the boy became invisible and my eyes opened. I sat up and started thinking about the vision. The boy was very handsome and good looking. He had asked me very nicely.

Meaning: Spiritual seekers! That curd-like thing in the glass was the *sattvic Shakti* or spirituality. This boy helped me two or three times in the future, also in my *sadhana*, and achieving a high state in *yoga*. I do not know who he is. Whenever a spiritual seeker drinks a curd-like thing during meditation, then one should

understand that he is about to achieve progress in spirituality. That boy said to me, “Resolve that all your chakras would open.” In the human body, there are seven major chakras. That boy was asking me to resolve for all seven, that means, the crown chakra also. This boy appeared in my spiritual life so many times. He always helped me and then he would disappear.

Sweetness

This was the month of June. I had gone to *Shri Mataji*'s place. *Shri Mataji* asked me in solitude, “Anand Kumar, have you ever felt the sweetness in your throat, as if you had eaten something sweet? I was expecting you to ask me, but you didn't.” I said, “*Shri Mataji*, this sweet taste has been in my throat for a long time now. But I didn't ask you because I thought that just the taste of my mouth is bad and nothing else. Sometimes, it feels like honey is dissolved in my throat. This honey-like thick fluid seems to fall from the upper part of the head. Then the throat remains sweet for a long time; this sweetness feels very pleasant.” *Shri Mataji* said this meditative vision of yours is absolutely right.

Spiritual seekers! This sweetness is felt after the opening of the throat chakra. A special type of fluid falls down from the opening of *Brahmarandhra*. It tastes sweet and is very dense. Only a spiritual seeker can feel this sweetness. Those spiritual seekers who know the *Khechari Mudra*, i.e., who are advance in *Khechari Mudra*, taste this liquid with the front part of their tongue. This kriya diminishes the appetite of the spiritual seeker or he feels hungry very little. During my meditation, an activity keeps happening to me; the head feels pressure downwards. At that time,

the fluid falls directly on the navel that suppresses the *jatharagni* (gastric fire). Hunger vanishes. In some places, this liquid is referred to as the nectar.

I had a vision; I am vigorously walking on a clean path; I could see the path up to a long distance. Suddenly, I saw a horse on that path coming towards me. I thought where did this horse come from? He was tall, and his face was very scary. The horse was coming closer to me, so I ran towards a farm to hide. The trees on that farm were thorny, so I closed my eyes and sat on the edge of the farm. After a few moments when I opened my eyes, I saw, the horse was at some distance from me. I started throwing mud balls at him but he didn't move even a little bit. I thought, why is this horse not going anywhere? Then I saw a monk coming from the front; he was coming from the same path that I wanted to go. The monk was wearing saffron clothes. He had a shining rope in hand. The monk was very young, around 25 years old. He stopped at some distance and threw a rope at the horse and the horse became invisible. At the same time, the monk also disappeared and my vision ended.

Meaning: Spiritual seekers! The horse is a symbol of the mind. Sometimes, the senses are also seen in the form of a horse. Maybe, some sense wants to obstruct my *sadhana*, but a great man came and saved me.

Leaning forward in Meditation

Spiritual seekers! After attending the *Guru Poornima* festival, I returned to the *ashram*. After some time, many spiritual seekers had come from Miraj to the *ashram*; now, it was very crowded at the Ashram. The next day, *Shri Mataji* also came to the *ashram*, where we used to do mass meditation. Now, my body started to

bend forward again. As soon as I sat in meditation, *Kundalini* rose at high speed and as it hits the *Brahmarandhra* door, my body would lean forward. My forehead seemed to be touching the ground; at that time, chin lock was also applied; chin would stick to the chest. The upper part of the head (*Brahmarandhra* portion) would touch the ground. It felt as if I would stand on my head, all three locks and *Bahya Kumbhaka* were also applied. Because of the *Bahya Kumbhaka*, I couldn't breathe. It seemed as, "If I don't start breathing in a while, I will die." *Bahya Kumbhaka* lasted very long. When I inhaled, internal *Kumbhaka* would become active and exhaling would become very hard. At the same time, *Kundalini* hit the *Brahmarandhra* door, which increased the pain even more. This state lasted for almost one and a half hours. The region around root chakra started rising upwards, so I had to stand on my head. Spiritual seekers! My body was suffering from intense pain, but what could I do? All other spiritual seekers stared at me because my meditation lasted very long. Most of them opened their eyes after 20-25 minutes of meditation. When I got up from meditation, *Shri Mataji* was looking at me, and I could understand from her very looks that she was very angry.

After two days, I asked *Shri Mataji* in solitude, "*Shri Mataji*, why does my body bend forward during meditation?" *Shri Mataji* said, "I have been seeing this action happening to you. This is your bad *karma*. Anand Kumar, you got married, and your wife died. You have come to this path but you should have stayed in your household. It is alright that you are sticking to this path but your *karma* belonged to your household." I was very sad hearing this and thought, if my *karma* belonged to the household then why my *yoga* is progressing so fast, why do I have such good visions? Why am I the second-best disciple among *Shri Mataji*'s disciples? *Shri Mataji* has hundreds of disciples, why don't they have such fast progress? I started crying; I told my father about this because he was also present there at that time.

What can I do if my *karma* of past lives is so bad? I suffered a lot of mental pain. Now, I would get out of my meditation at the moment, I began bending forward and sat there quietly. After some days, this process of bending stopped because of reduced meditation. *Shri Mataji* went to Jalgaon after few days.

The Inattentive (*Unmani*) State

Nowadays, my condition was like a crazy person. I used to forget everything. I thought, I will remember this thing this time, won't forget it for sure but, again, I would forget. I could not understand why I have become like this. I used to sit there quietly in silence. I would forget even if I had taken milk today or not because I didn't eat grain at all. I used to take milk from the neighbour, and sometimes I would reach him again, asking for milk. I would remember this when he told me, "Anand Kumar, you already took your milk." Sometimes, I did not go to take milk till noon; then, he would come to give me milk himself. I used to meditate, watered the trees; whenever a new building was being constructed; I used to pour water from a pipe to make it wet. My milk used to get over boiled daily. I thought daily, that I would not let my milk boil today. But after some time when milk was boiling, I would watch it getting boiled and laugh.

I would slap my cheeks when I was alone. Slaps were so brutal and hard that cheeks began to hurt, then only I would stop slapping. Sometimes, I had a desire to hit my head on the wall, and I would begin hitting my head on the wall. Once, I hit my head so hard that it started bleeding. I started crying because of the pain. I thought I would go crazy. But all of this would be over after a while, and everything would become as it was before. After some days, this action stopped.

Meaning: Spiritual seekers! Right at that time, I got a chance to read a book called “*Chidshakti Vilas*” by *Swami Muktanand ji*. It was written in one place, “Spiritual seeker reaches one state where he slaps himself. He wants to slap himself.” Spiritual seekers! This is a state of *chitta*. At that time, the spiritual seeker feels like I am not slapping myself but I am hitting this physical body. He doesn’t consider the physical body as his own. This kriya doesn’t happen to every spiritual seeker; this cannot be called madness. Rather, the effect of *Sattvic* quality on the *chitta* is even greater. The *chitta* of a mad man is covered with *Tamoguna* and his mind and intellect cannot function properly. This state of a spiritual seeker is very advanced as compared to an ordinary man; it is called *Unmani Awastha* (Inattentive State). In this state, the spiritual seeker may not be in his full senses; his mind remains introverted due to the effect of *Satvaguna*. That is why he does not pay any attention to external objects.

Feeding by *Kundalini Shakti*

During meditation, I had a vision, the light was spread like moonlight, I was sitting in a tranquil environment. I was wondering, how peaceful the atmosphere is. Then a simple woman, dressed in simple clothes appeared there. Her eyes were absolutely calm; the face was innocent. She put a plate in front of me that she was holding with both her hands. I saw, there are milk and rice on that plate. The woman sat in front of me. The plate of food was placed between us; she pointed me to eat. I started eating from that plate. She was also eating with me from the same plate. When the rice was finished, only milk was left on the plate; she drank half of that remaining milk and then handed it over to me to drink the rest. I put the empty plate in front of her, and she disappeared with the plate. I began to think, how calm this

woman was. She vanished after feeding me. I was completely satisfied. At that time, my vision ended.

Meaning: Spiritual seekers! Until I started taking any grain, such a vision came very frequently. My subtle body was satisfied after eating food in such visions. Sometimes, an 8-10-year-old girl would come to feed me. I had not eaten any grain for many months; that's why my *sadhana* was so intense. Though I used to have a cup of milk and two bananas. Because of the purity, it seemed as if my back was burning. Kundalini did the rest of the work; my *Kundalini* was very fierce. In the vision, *Kundalini Shakti* would feed me in different forms.

A Little Kid

I saw during meditation, there is a very small child whose age is about one year. There are no clothes on his body; only a black thread is tied on his waist. He is very beautiful. He is coming towards me on his knees. I am thinking that the kid must be having trouble because of the rugged and rocky path, but he is not having any problems at all; instead, he is laughing. After a few moments, I saw, *Shri Mataji*'s transparent subtle body is also standing right there. *Shri Mataji* said to the kid, "Stand up, stand up." Then that kid stopped walking on his knees and started trying to stand up. He was pushing his body and smiling too. The kid was making sounds of (*Om*) 'ॐ ॐ ॐ' With joy. *Shri Mataji* said, "Good boy, stand up." The child stood up. Then *Shri Mataji* said, "Move your foot forward." He began trying to move forward and extended his foot forward in a few moments. *Shri Mataji* again said, "Move the other foot too." The kid moves his other foot forward too while chanting 'ॐ ॐ ॐ'. *Shri Mataji* said, "Come, come forward." Then the kid came forward after

trying a lot. *Shri Mataji* told him, “Well done, keep walking just like this.” Then suddenly, a woman appeared next to the kid and said to the kid, “Don’t tell anyone about this.” I was surprised and thought who this woman was? Her subtle body was completely transparent. I was standing right there in my subtle body, then I entered that child’s body and started laughing. This child was none other than me. *Shri Mataji* said, “Anand Kumar, now you have started walking on your feet. In the future, you will have to walk on your own feet.” That woman with transparent body said, “You have started walking on your own feet, you will walk on your own in future also.” The vision ended.

Meaning: Spiritual seekers! The woman with a transparent body represented *Mata Kundalini*, and *Shri Mataji (Guru Tattva)* taught me to walk on my feet. In the future, I will certainly survive on my own and I will not need *Shri Mataji*. I came to know this through the visions.

Pressure on the Eyes

Now, I hear different kinds of *naads* (sound) during meditation, and even while I am awake. The sound is usually very loud. As I sit on meditation, my *prana* comes to the *Brahmarandhra* door, because brow chakra is open now. At the throat chakra, *prana* is divided into two paths. Both these paths become one again at the *Brahmarandhra* door after traversing different paths (the east and the west paths), but as the *Brahmarandhra* door is not open, *prana* can’t stay there for long and comes back to brow chakra. Then *prana* puts pressure on the brow chakra. These days, I chant the *Shakti Mantra* a lot, this helps in focusing on brow chakra during meditation. Because of this, the subtle nerves in the forehead are stretched strongly.

It feels like subtle nerves are cracking. Sometimes, it feels as if, thousands of ants are biting on the forehead; it had burning sensation too sometimes. The same happens to the eyes and the eyelids, so they feel itchy also. After some time, the pressure is felt on the eyes and they get closed automatically. Then eyes are pulled inwards, sometimes so much inwards that it feels like eyes will get stuck inside the skull. Because of this pain in the eyes, I have to get out of my meditation and stop meditating. This action kept happening for a long time.

Meaning: Spiritual seekers! When the spiritual seeker reaches this state, then eyes press inwards. It feels as if eyes are going to break, this pull is towards the *Brahmarandhra* door. This process is because of *prana*. All *prana* is pulled towards *Brahmarandhra* door. This happens only to those spiritual seekers whose *sadhana* is very intense and those who are *yogis* of previous births.

Going to Lower *Lokas*

I had this vision in my *Yoga-Nidra* (yogic sleep), I am moving downwards below the earth very rapidly. There was no base or stairs for me to climb down. At that time, I was going down automatically without any effort. There was no light on the way, just blurry darkness. I was going down through a tunnel-like place at a very fast pace. After reaching down, I stood in the middle of the water. There was water all around me, but I was not having any trouble because of it. I started to wander in the water, and I found various types of animals, creatures, and human beings. I kept walking there for some time; then, there was a huge explosion. I couldn't remember anything. When I got my senses back, I found myself standing in darkness. There was a quicksand. I stood for a while and tried to see in the dark. By then, things

became a little visible in the blurry darkness. I looked down; I saw very small human beings. I was surprised to see these human beings and wondered, there can be such small men, whose height is only three-four inches. They were standing in the quicksand, getting something out of the quicksand and eating it. I started feeling sad about what filthy place I had come to. Then again, an explosion was heard. I found myself on a rocky, rugged surface where there was a blurry light spread everywhere. I could see clearly up to some distance; there were still some men and women walking around. They ran away after seeing me. I thought, why are these people running away from me? I kept roaming around there for a while. Then I started coming up at a swift pace. I came back to the place where I had gone down. Then my eyes opened. I thought, what does this vision mean? I sat in meditation and resolved to know what this vision meant, then a sound came, “These are lower *lokas*, you visited some *lokas*. You will visit some more in the future.”

Meaning: Spiritual seekers! This vision is written in brief. Human beings with very tiny bodies live in these *lokas*; these people are enduring their *karma*; they cannot worship God. These are the lowest *lokas* amongst the fourteen *lokas*; these are all subtle *lokas*. Individual souls of these *lokas* are enduring the consequences of their bad *karmas*. There is always blurry darkness here. That is why they are called lower *lokas*.

Do Not Be Worldly

I had this vision on 29th August, I am doing some work when I remembered I have to go somewhere. I saw, there was water filled in front of me up to a long distance. I jumped into the water and started swimming rapidly. I had swum only

some distance when I heard a voice, “Anand Kumar.” I was startled, started looking towards the voice, and thought who called my name? I could not see anyone. Then a voice came, “This is the world. The water in which you are swimming is not actually water but just an illusion. Look, where is that water now, and the water disappeared right then. Now, I was standing alone without any base. Just like you thought the water was real, not an illusion; similarly, the world is also an illusion and not real. So, you should not be worldly while living in the world. You have taken birth for a special purpose, serve that purpose.” Then the voice stopped; it was coming from space.

The *Kalpa-vriksha*

30th August, afternoon, I had this vision, I sat on meditation at 11’o clock. I saw, I am moving fast in the space upwards. Then I stopped at one place. There was a beautiful tree near me. I stood under the tree. The tree was emitting light all around. Then a white and shiny flower fell from the tree on my right side. This flower was also emitting light. After some moments, another flower fell on my left; I was looking downwards. Then I felt like a flower is about to fall upon me. I raised both my hands upwards so that I could catch the flower in my hands, but I couldn’t. It fell on my head and ended up inside the crown chakra. I was very happy. Both the flowers that fell near me became invisible. I looked at the tree, but there was not a single flower on it. Now the tree and I were in the space; the tree was looking so good that I wanted to keep staring at it. Then a voice from sky was heard, “Anand Kumar, your *Brahmarandhra* will open soon. The tree that you are standing under is not an ordinary tree; it is the divine *kalpa-vriksha*.”

Meaning: in the vision, the tree that I stood under was the divine tree, the *kalpa-vriksha*. This tree exists in heaven. This tree is mentioned in the scriptures. According to scriptures, a person will get whatever he asks for standing under this tree. But I never asked for anything; still, I got the blessings in the form of opening of *Brahmarandhra*.

Brahmarandhra and Darkness

I had this vision in September. I chant the *Shakti mantra* very often at night. Because the *mantra* is very secret, I close the room so that no one outside can hear my voice. Because of this *mantra*, my body has become very pure. My subtle nerves start vibrating as soon as I start chanting it. It feels like subtle nerves are being pulled, cracking of these subtle nerves can be heard as if the subtle nerves in the head are breaking down because of the pull. By the effect of the *mantra*, *Kundalini* also becomes fierce quickly and hits the *Brahmarandhra* door, as if a hot larding needle has been pierced. A red sphere is often seen these days during meditation, just like the rising sun appears in

the winter. When *Kundalini* strikes the *Brahmarandhra* door. This sphere vibrates very much and starts moving around in the space. Seeing this activity, I start laughing. Now I started thinking, *Kundalini* strikes the *Brahmarandhra*, and this sun starts rotating in the space. What kind of sun is it? I had this vision often during meditation.

As I sat for meditation, I started seeing darkness. I could not understand why I see so much darkness. Such darkness was seen in throat chakra, but this was even

darker than that. These days, the only light was seen during meditation, then why this darkness appeared today? Then I started to get my senses back and lost my concentration because of it. But after a few moments, I forgot myself again. Darkness was swallowing me; at that time, my eyes were being pulled inwards. I cannot tell for how long I remained in darkness. I started to panic because of that darkness and after some time, I lost my focus. This vision ended and I never had such a vision again.

Meaning: the red-coloured sphere that looked like the sun, was an inner part of my *Brahmarandhra*. When the *Kundalini* hit the *Brahmarandhra* door at a high pace, there was a movement within the *Brahmarandhra*; that is why the red-coloured sun-like sphere roamed into space. In another vision, the darkness I saw was my own ego.

The *Neel-Maya* Purush

Spiritual seekers! I was surprised to see the way I saw Lord *Shankar* in my vision because I have never seen such pictures of Him, nor have I read about it in any scriptures like this? I saw, there was water-filled in space more than even in an ocean. Earth is floating over the water like a ball. Lord *Shankar* is standing on top of the earth; he was very tall. His body was covering the whole space. I started looking at him from bottom to top; only then, I was able to view his whole body. He had a long trident in one hand, tiger skin wrapped around the waist up to the knees, a *Rudraksh* garland in the neck, a high-top bun of hair on the head. He was completely quiet. He had no snakes around his neck. He was light blue. Looking at his appearance, I thought, because Lord *Shankar* was looking very beautiful, so

beautiful that I cannot even describe. The length of his trident was around one kilometre. Lord *Shankar* was taller than this.

Meaning: I saw Lord *Shankar* using my divine vision. This was a scene of causal world because I have entered in causal world for many days now. In *yoga*, he is known as “*NeelMaya Purush* (blue coloured man).” When a practitioner progresses fast with intense *sadhana* and is a *yogi* of previous birth, only he gets to see ‘*Neelmay Purush.*’ All spiritual seekers do not have his visions.

Some visions that I had in the lower *lokas*, I don’t find it appropriate to write them here because that will expand the writing too much. Let me tell in brief, there is always a blurry or mild light in these *lokas*. Rugged and rocky surface, water is filled at some places, there is a *loka* where there is only air. One *loka* is completely dark and full of swamps and mud. In these *lokas*, Individual souls, with subtle bodies, endure the consequences of their *karma*.

Physical World

I saw during meditation; I am standing at someplace in the space. A man came to me and asked, “Have you committed this crime?” I ran away from that man, and then I saw a river flowing down. This river was very scary and dirty. At that time, I felt as if someone threw me into the river; I started swimming as soon as I fell in the river. I thought, I was in a very good place, that place was self-illuminated, and now I have fallen into this dirt. I started feeling pain in this river. I started looking for a way out of the river but couldn’t find the edge. This river was huge so its edge wasn’t visible. Then, I found a friend in the river. He was also swimming in the river just

like me. I said, "Let's find out the edge of this river. I am having very much trouble finding it." He said, "I don't want to find the edge, I feel good here." Then I saw a woman standing at a high place; I started swimming towards that woman. She gave me her hand and pulled me out of the river. I found myself in a good place when I came out of the river. Then another woman came there; she grabbed my hand and took me away. I looked at the first woman that had pulled me out of the water; she was standing quietly. The woman that was taking me away was wearing a red *sari*; her face was pretty and glowing. She was smiling while moving forward. She was still holding my hand; now, she started massaging my hand. I thought, she was massaging me just like a mother, so it came out of my mouth, "Mother." She started laughing listening to this and said, "Whom did you just call mother, me?" I said, "Yes, you." She said, "Well, well." When she was laughing, I saw rays emerging from her teeth. Then that woman told me the path to go ahead. I headed forward alone on that road when I found myself in bright light. I was very happy at that time. I had no kind of grief. I began to move forward in the space without any desire. I saw a river flowing downwards; then I heard a sound from the space, "This river is divine, full of sorrow and misery. Now it will not be visible to you." I was moving forward rapidly. Then a thought came to my mind, where is that river in which I was swimming, I want to see it. Then I lowered my sight and the river was visible. I went down and stood over the river in the space.

I saw, innumerable men and women are suffering in that river. I saw a path submerged in the water. This path was like a bridge nearly a meter submerged under the water of the river. Some men were standing on that bridge, but they were unable to cross. Then I saw another path, men and women used this path to come into the river. I saw a woman on this path. It seemed as if someone has pushed her forcefully. She became unconscious before falling into the river. I thought, this woman has been

forced to come here. Then a voice was heard, “Due to the *karma* of this woman.” Then I swiftly went up and merged into a very bright light. And then my vision ended.

Meaning: Spiritual seekers! In this vision, I began to run away at first, at the same time, I felt as if someone had thrown me in the river, it was my own *karma* that had thrown me. While searching for the edge, a woman pulled me out. This woman is the *Guru Tattva*. She held my hand and pulled me out. The second woman is the *Kundalini Shakti*; she held my hand and showed me the path ahead. A friend of mine was also swimming in the river, but he had refused to go out, which means he wants to live in this world because he is a very successful businessman at present in Karnataka. I noticed another important thing in this vision a path exists submerged in the river through which the river can be crossed. It makes clear that, one can get through this world while living in this world using this path. A *yogi* uses this path to get through the world. I reached the self-illuminated space. I will go to my *loka* after leaving my body. This *loka* is self-illuminated.

Opening of the *Brahmarandhra*

I had this vision on 3rd Sept. I had mentioned this before that when I increased my *sadhana*, my body would bend forward, and my head would touch the ground. At the same time, *Bahya Kumbhaka* and abdominal lock would be applied. The pressure of *prana* was on *Brahmarandhra*. Sometimes, there was so much pressure on the face that it started to hurt. At the same time, *Kundalini* also became fierce. When *Kundalini* hit the *Brahmarandhra*, then abdominal lock and *Bahya Kumbhaka* would also get applied. Then *Kundalini* ejected its energy out, so it felt like the whole

body is burning. Sometimes, it felt as if needles are being pierced in the entire head and the face, the whole body used to suffer from pain. I could not get straight; I felt like, I no longer have control over my body but I am under someone else's control. When abdominal lock and *Bahya Kumbhaka* were applied, the pressure of the head on the ground would increase even more. After the forehead, the upper part of the head (the portion of the crown chakra) also touched the ground. It seemed as if I would stand on my head. The lower part of the body (the portion of the root chakra) started moving upwards. I was on my knees. The shape of my physical body would look like a kid who walks on his knees but I always had a firm easy posture. At the same time, *Bhastrika* would start too; all the *prana* started hitting the root chakra and the *Brahmarandhra* door. I thought, I would be better if my *prana* gets out of my body, this kriya kept going on for a while. Then I remembered that *Shri Mataji* gets angry at this kriya of my bending forward. But what can I do, whenever my *sadhana* is fierce this kriya happens automatically. I cannot stop this. I got very angry with myself. I thought, I will see now how long does this kriya last, I will increase my *sadhana* even more now. I know doing *sadhana* isn't a bad thing. If this kriya occurs then let it happen.

This *kriya* was happening for a very long time, and my body became tired and exhausted. I could not sit straight. After the application of *Bahya Kumbhaka*, I could not inhale. *Kundalini* was brutally hitting the *Brahmarandhra* door; I felt like I will die. I was on my knees but still in the yogic posture. Then I heard a very loud cloud thundering as if clouds were being torn apart, and my ears began to hurt because of this sound. Then I had a vision, there is a sphere just like the rising sun in the clear sky, it started moving around in the space. It felt as if the whole space was vibrating. Then I heard cloud thunder again. I thought, there are no clouds in the sky, then how come I heard this thunder. The sun-like sphere was tremendously vibrating at its

place. Then I got my senses back. My body was in the same posture as it was before and *Bahya Kumbhaka* was still going on. I had thought that I would stand on the head, but it did not happen. Then suddenly, *Kundalini* hit the *Brahmarandhra* door very forcefully; I felt as if a red-hot thick needle had been pierced in my head. I don't remember anything after that, because I lost consciousness.

I cannot certainly say how long that state of unconsciousness lasted because I don't remember anything as I became unconscious. When I got my senses, I felt as if there is no *prana* left in my body, and I am still in the state of unconsciousness. My eyes were open, a lot of flies were sitting on my face, but I could not get them off my face. I was not feeling my physical body. I could not even move. I thought if I die now, my neighbours would not even know because the room is locked from inside. Who will open it? After some moments, I felt something on the skin of my face, then my eyelids started to blink and the flies sitting on the eyes flew away. After some time, the consciousness reached the neck, then I remembered, I am still standing on my head and still on my pallet. Head and knees are burdened with my physical body. But I cannot spread the legs, fingers of both my hands were stranded into each other and both hands were stuck to the stomach because there was no consciousness down the neck. Almost five minutes later, consciousness returned to the whole body but there was no strength left in the body so that I could spread both my legs. I rolled down on one side, still on the mat and lay down there without moving.

Then I saw the clock; I was startled, because it has been three hours since I sat on meditation. I remember that the activity didn't last more than half an hour before I became unconscious. I thought, "Was I unconscious for two-three hours? But why did I pass out? I couldn't understand this. Is this an activity of *yog*? But *Shri Mataji* never mentioned like this ever." I recalled, before becoming

unconscious, *Kundalini* had entered my *Brahmarandhra*. Now the upper part of the head seemed strange to me because it had a lot of air-filled in it. And the upper part of the head had some tickling because of the *prana-vayu*. For the first time in life, I was feeling a tickle in the head because of the *prana-vayu*. Only a spiritual seeker can feel this tickle. I started thinking, is my *Brahmarandhra* opened? Then I made it certain that my *Brahmarandhra* has opened now. I got up and sat down. There was a book *Chidshakti Vilas* by *Swami Muktanand ji* placed by my side. I started reading that book thinking that maybe I will get to know something about my vision from that book. After some reading, I was sure that my *Brahmarandhra* has opened. Though the way it was written in the book was different from my vision, I was able to understand the meaning. *Swamiji* had written, “When a spiritual seeker’s *Brahmarandhra* opens, he becomes unconscious for some time. Sometimes, spiritual seeker even urinates and defecates spontaneously.” In *Shri Mataji*’s book, there is no mention of anything like this during the opening of *Brahmarandhra*. When I asked another female spiritual seeker, she told me that she didn’t feel anything like this when her *Brahmarandhra* opened. I thought, only spiritual seekers with fierce *Kundalini* have this kind of meditative vision.

Spiritual seekers! I had a vision just before I became unconscious. I saw, I am sitting in space, that sun-like sphere is in the upper part of my head. Whenever the *Kundalini* hit the *Brahmarandhra* door, that sphere would vibrate very fast and move around in the space. Then *Kundalini* hit again and that sun-like sphere exploded, and light like that of millions of suns got spread everywhere. I bathed in that light; at that time, I felt like, my body has become huge. The light was bright that eyes started to glaze. I could see the whole earth way down beneath me. When the sphere exploded, a fierce cloud thunder was heard. I was very pleased to be standing in that very bright light. Then the vision ended.

I find it necessary to write about this vision because many practitioners get confused here and remain in ignorance. They think, this sphere like a rising Sun that just exploded and spread light like millions of Suns and the spiritual seeker finds himself standing in that light, and he thinks that this is a form of *Nirguna Brahman* (supreme soul beyond attributes). He thinks, he has seen *Nirguna Brahman*. He is present in the middle of the *Nirguna Brahman*. His *sadhana* is now complete, as he has visualized *Nirguna Brahman*. But I want to clarify one thing here, if a spiritual seeker thinks as mentioned above, then he is wrong. The truth is, this is a very strong *vritti* of ego, it is visible to some spiritual seekers when *Brahmarandhra* opens. All the spiritual seekers do not have this meditative vision because their *sadhana* is not so intense.

The *sadhana* of these spiritual seekers is still in the *Brahmarandhra* and this place is the area of ego. Nowadays, many spiritual seekers have opened their *Brahmarandhra*; they think of this as their crown chakra has opened. Such spiritual seekers stay in the illusion of considering themselves perfect. But the reality is, it is just the beginning. I want to tell such spiritual seekers, your *Brahmarandhra* has opened now but you still have a long journey to complete, so don't think about crown chakra. crown chakra opens in the last birth and when this happens, *Tattva-Gyan* is attained.

Spiritual seekers! You must be aware of how *Shri Mataji* used to forbid me to bend forward. Not only did she forbid me but used to get angry too. She had said, "Your *karma* is very bad. You should stay in your household. It is good that you have chosen this path, but your *karma* is of household only." You cannot imagine what I went through when she said this to me. But, my *Brahmarandhra* has opened by bending forward and touching the ground only. I remember when I went to Jalgaon at the festival of *Dussehra*, I bent forward, and *Shri Mataji* was very angry

at that time. Then I went to Miraj in 1989; the same thing happened then also. *Shri Mataji* said, “Anand Kumar, sit straight. This is not *yoga*.” Then I sat straight. Then she said angrily, “You have been coming here for so many days now; still, your impurity is not cleared.” Every time she used to say, “Your *karma* is very bad that is why this *kriya* happens.”

I still could not understand, if my *karma* was bad if I should have stayed in the household if this is not *yoga*, then why did my *Brahmarandhra* open from this activity? Spiritual seekers! Now I am writing why this happened to me. Bending forward during meditation, forehead touching the ground, this activity is called ‘*Mahayoga Mudra*.’ In this process, the spiritual seeker’s *prana* hits root chakra directly. If *Bhastrika* also starts in such a state, then it is even better. This *kriya* stretches the root chakra that helps the *Kundalini* rise upwards. When this was happening to me in Jalgaon, if my *Kundalini* was raised at that time, it would have risen for sure. But in June 1989, my *Kundalini* was trying to rise but *Shri Mataji* scolded me instead of making my *Kundalini* rise and said, “This is not *yoga*.” Then at this *Guru Poornima*, my *Brahmarandhra* was about to open but again, *Shri Mataji* gave me plenty of lectures so I reduced my *sadhana* willingly. But on 3rd Sept. through this activity only, my *Brahmarandhra* opened.

Spiritual seekers! Always keep in mind, not all spiritual seekers need to have the same visions and experiences. Similarly, it is also not necessary that all spiritual seekers have the same postures and activities. The spiritual seeker whose *sadhana* is very fierce, he bends forward. *Kundalini* ascends with the help of the *Sushumna* nerve; the spiritual seeker is sitting completely straight at that time. If you notice carefully, the balance of the physical body is more in front, that is why it bends forward. This is a fact. The truth is, *Mahayoga Mudra* helps in *Kundalini* rising. I used to have this *mahayoga* posture; this activity happened just because of it. The

speed of the *Kundalini* is so much that the spiritual seeker bends forward. I know this activity didn't occur with *Shri Mataji* during her *sadhana*. That is why she used to resist when it happened to me. That's why a *guru* should have all the information about *yoga*. Becoming a *guru* is not an easy thing. Therefore, a distance began to grow between *Shri Mataji* and me. Because of her, the opening of my *Brahmarandhra* was delayed by one and a half months. Spiritual seekers! *Mahayoga Mudra* helps the *Kundalini* rise.

Higher *Lokas*

I had this vision on 1st Sept., I am sitting in my *ashram*, so three-four young black men came to me. I couldn't know where they had come from, but they were all very brilliant. I said, "this is an *ashram*. All of you have come in without any permission." All these men were standing at some distance from me. One of them who was standing at the back got angry after hearing me, but the man standing in the front seemed sensible and mature. He asked his colleagues to stop because the men behind him were about to come to me in anger. The man in the front looked at me carefully then said to his colleagues, "Let's go back." The man in the back interrupted, "But, why?" The man in front said, "he lives in an *ashram* and he is a *yogi*." Then they left without saying anything. I was surprised that who were these black people who came in forcibly. Then my vision ended.

Now I wanted to know who those men were and where they had come from. I sat on meditation; after a few moments, I did not remember anything. I found myself standing out of my physical body. My subtle body began to move upwards at a very high speed. In a few moments, after passing through a huge gate, I was

standing at a place. There was a mild light at that place. Then I saw those men standing at some distance along with some other men and women too. That sensible man looked at me carefully once again; I looked back at him. The man who was angry with me was also there. That person seemed very evil to me because he was hurting other men standing there with punches and kicks and pushing them forward forcibly. Those men and women were crying screaming and moving forward in the darkness. I don't know what was beyond that darkness where all those people were going. All of them were standing in a line. Those black men were beating them very brutally. I wanted to walk back from there because I did not like the scene there. Then that angry man came in front of me and tried to push me too. I said fearlessly, "Don't count me in these men; otherwise, the consequences won't be good." I stood up in front of him and said, "Right now, you are beating them, then I will beat you." Then the sensible man came. He strictly asked his partner not to. He did not say anything. Then I walked away from there.

In a few moments, I went into space, flying at a high pace. I found a door in the front, and as soon as I tried to go beyond the door, the door contracted, and I got stuck in it. I pushed very hard but couldn't get in. Then, I started reciting *Om* automatically and the door came back to its original state. I went in. As I walked inside, stairs appeared in front of me. On climbing the stairs, I found another door. After crossing that door, I reached a very good place. The place was luminous. On moving forward, I found a palace-like place. There were many men and woman and there was an arrangement for sitting and lying down too. Everyone seemed happy; the atmosphere there was good. There were no elderly men or women. I talked to some men and then moved forward. Then after some time, I stopped at once. I saw, a woman was sitting in grief all alone. I asked, "Why are you sad? Everyone else here seems very happy to me." But she didn't say anything; then, I asked another

girl who was also sitting nearby, why is this woman sad? She replied, “She is about to leave this *loka*. It’s her time to take birth. She is afraid of being born again.” I saw, all men and women there were happy and devoid of bad thoughts. I thought, this is a very nice place. There is no sorrow here. Then the vision ended.

Meaning: Spiritual seekers! The black young men were *Yama-dutas*. Then I got out of my physical body, and my subtle body reached the *Bhuvarloka*. In the *Burvarloka*, I reached the hell. There all the *yama-dutas* were beating everyone. Those men and women were going towards the darkness into the hell. Then I reached the *Pitarloka*. There is no sorrow of any kind in the *Pitarloka*; everyone here is happy because due to the influence of punya karma attains this *loka* is attained. An individual soul can live here until he has enough virtuous *karma* left in him. On the decay of these virtuous *karmas*, one has to be born on *Bhuloka* (earth). That is why that woman was sad. At the time of birth, an individual soul has to suffer terribly. In the *Pitarloka*, there is no feeling of sorrow; only pleasure is experienced.

Now there was a lot of trouble during meditation due to the intense irritation in the eyes. When the *Kundalini* rose, eyes felt very hot, and it felt as if ants are biting the eyelids and eyes; someone is cutting the edges of eyes with a blade. The more practice I did, the more pain I had to suffer. During deep meditation, eyes faced an inward pull. It seemed as if eyes would collapse and move to the back of the head, this would happen for hours. In normal conditions, eyes wouldn’t open in bright sunlight. It felt as if eyes are wounded from the inside.

Sadhana in the *Brahmarandhra*

Nowadays, I was very happy. I had lost track of time. I would not know how my day ended because all the time I was doing meditation, *pranayama*, *mantra* chanting, etc. My *prana* would reach *Brahmarandhra* the moment I sat for meditation; at that time, there was a lot of tickling inside *Brahmarandhra* because both mind and *prana* stayed together inside. I had a feeling of elevation. Then after some time, eyes started to get stretched again, and it was very painful. Pupils revolved all around. I was afraid of losing my eyesight. *Shri Mataji* was also not in the house she had gone to Jalgaon for a long time. Then who will I ask about this vision, what does this mean?

I sat on meditation. As soon as I sat, all the activities that used to happen earlier started again. At first, I thought that I should stand up and open my eyes, but eyes were not opening at that time. It seemed as if someone had closed my eyes forcefully; the head started hurting too. *Prana* reached *Brahmarandhra* door for some time but later came back to *Brahmarandhra* door. Right then *Kundalini* started rising, abdominal lock and *Bahya Kumbhaka* also got applied. Because of the *Kundalini*, the stomach, back, heart, neck, and head became hot like a fire. The whole body started to hurt; I thought I would die. *Prana* then entered the *Brahmarandhra* and I became disoriented. I had a vision, there is a light like billions of suns and I am standing in that light. This light became invisible after some time, I found myself in blue light. The entire space was illuminated by blue light. This vision ended. I was in meditation for almost three and a half hours.

Shri Mataji returned from Jalgaon on 6th September. I went to her place the next day and asked her the meaning of the fire sphere exploding. *Shri Mataji* said,

“This vision is very good. The explosion of the fire sphere means, the opening of *Brahmarandhra*. The light that was spread all around is the light inside the *Brahmarandhra*.” I was very pleased to hear about the opening of *Brahmarandhra* from *Shri Mataji*. I told *Shri Mataji* the activity that happened, “I bent forward, and my forehead was touching the ground. But you used to forbid me to bend, and now my *Brahmarandhra* has opened just because of that.” On this, *Shri Mataji* did not say anything. When I asked again, then she got up and went to the kitchen. I understood that *Shri Mataji* doesn’t have the answer to my question. She had been saying this to me because of a lack of knowledge. *Shri Mataji* still cannot answer my point. She had scolded me many times in front of everyone because of this *kriya* of bending forward.

My body had become weak. But still, my focus during meditation was very good. One day *Shri Mataji* came to the *Ashram*, and she also fed me. I used to eat once a day now, that too in very little amount. I became absolutely thin, but the duration of my meditation had increased. I used to sit for almost four hours in one go. When I sat for meditation, I was in *Nirvikalpa Samadhi*. In *Nirvikalpa Samadhi*, the spiritual seeker does not have any thoughts or visions. Though some *samskaras* still remain in this state but there are no thoughts because both *prana* and mind are in the *Brahmarandhra* together.

These days, my *samadhi* lasted very long. Then *prana* would come back to the *Brahmarandhra* door; I had some visions then. When a spiritual seeker’s *Brahmarandhra* opens, the *prana* stays inside the *Brahmarandhra* and then comes back to the *Brahmarandhra* door. Sometimes, *prana* comes even to the brow chakra. As the practice increases, the time for which *prana* stays inside the *Brahmandhra* also increases. Once the practitioner becomes advanced, then the *prana* remains inside the *Brahmarandhra* all the time.

I have written before that my body used to heat up during meditation. Eyes were burning, and the edges of eyes were torn, it seemed that the entire head would burn. Tonight, 5th September, I was in meditation, I felt like a stream of ice coming towards the brow chakra from the *Brahmarandhra*. This cold stream started spreading around the brow chakra that made the entire forehead and the eyes cold. Every part of the head that was suffering because of heat until now had become cold. Now it seemed like I have never been affected by the heat, this cold was very nice. But the body below the neck was still burning. Therefore, my body was suffering.

Sound of *Mridangam*

I woke up at 3:30 AM on 6th Sept. It felt as if I was awake for some reason. Then I realized I heard a loud sound of *Mridangam*; I got up. It was as if thousands of *Mridangams* are being played outside the room simultaneously. In the beginning, this sound was soothing. I kept on listening to it sitting quietly, but then the sound started causing pain in ears. The sound was so loud that it felt that the ears would tear apart. I came out of the room and began to roam around. I thought, walking in an open environment would stop the sound, but it didn't help. At that time, it seemed that *Mridangam* was being played in all directions. I had become very restless hearing this sound continuously. Then I resolved so that the sound may stop and I stopped hearing the sound. Then I sat on meditation. At the time of meditation, this sound vanished totally; the meditation was very good.

Meaning: Spiritual seekers! In this way, different types of sounds were heard many times during meditation. The sound of a flute was often heard. This sound comes

from inside of my head; it is called *naad*. The spiritual seeker can hear these *naads* in a particular state.

I had this vision on the 7th of September. I woke up at 3:30 AM because it was the time I used to wake up. As I opened my eyes, I realized that I could hear a very low volume sound was coming. When I tried to listen carefully, then I heard ॐ ॐ ॐ continuously. The sound was very low. It seemed as if it is coming from a cave thousands of miles away. I listened to the sound for a long time, then I started meditating and came to know that this sound is coming from within my *Brahmarandhra*. My *prana* had come to *Brahmarandhra*. Then I felt like the voice is coming from high above in the space, then the sound stopped, and I went into *samadhi* state.

Meaning: Spiritual seekers! These days, the light inside *Brahmarandhra* is often seen. I find myself standing in the light. This light is like that of billions of Suns.

Using Divine Vision

I had this vision on 8th Sept. *Kundalini* reached the *Brahmarandhra* the moment I started meditating. This time, my focus was on the brow chakra, then I saw, there is a third eye visible on the forehead, in a vertical shape. The eye started opening slowly. I looked inside the eye, and then my divine vision began to work. I saw, I am standing in a golden place, golden light is spread all around. Then I saw a blue dot far away from me. This dot was very shiny, but it disappeared after a few moments. I had seen this dot using divine vision.

Meaning: this dot is related to the causal world (causal body).

Karma

I saw during meditation; I am standing in the light at someplace. A dog appeared in the light; it looked very good. It was wagging its tail while looking at me. It would sniff me, circle around me. I was also looking at it with love. Then I thought how good his face is but why is it sniffing me. The dog soon disappeared.

Meaning: Readers! This dog is my *karma*, i.e., my *karma* is visible to me in the form of a dog. That's why the dog is watching me with love. A spiritual seeker sees an animal according to his *karma*.

Once I was lying down with my eyes closed, but I was not sleeping. I saw, a dog running towards me from space. It came and stood on my chest. I opened my eyes the very next moment and thought why I see this dog again and again.

Meaning: Spiritual seekers! This dog is my own *karma*. These days, my head remains very hot, which makes my condition like crazy; I even have a fever sometimes. In this fever, no medicine works. Sometimes, I would think that I am trapped because of this *yoga* practice because the physical body is burning with fever all the time. Then, I place a wet piece of cloth on the head and the back also.

Lord *Shri Krishna*

I had this vision on the evening of 10th Sept. I looked around me, and all I could see was water as far as I could see. I was walking on water. It seemed as if the water is filled in the space. Earth, sun, moon, stars, nothing was visible there. I can't tell for how long I kept walking on water. I got tired of walking too much. I could see water up to far away. Then at some distance, I saw some object floating over the water. I started walking towards that object. After reaching near it, I was very pleased to see the scene over there. I saw, Lord *Shri Krishna* is lying in his child form on a large leaf. His colour was brownish, and I could see peacock feathers on His head. His hair was very curly. He was about to touch his right toe to his mouth when I appeared in front of him. He was smiling at me; the whole scene was very beautiful. At the same time, my vision ended.

Meaning: Spiritual seekers! The appearance of *Shri Krishna* was very beautiful. I remember now that, according to *Purana*, the scene of *pralaya* was shown to *Markandey ji*. He saw, nothing except the water was visible because of the *pralaya* (annihilation). He was walking forward in that water when he saw Lord *Krishna* in the same form. He was tired of walking in the water. He fell, and that is when he saw Lord *Shri Krishna* on a leaf in his child form.

Kundalini on Eyes

I have written before also, because of intense irritation in the eyes, I used to have very much trouble. It seemed as if eyes were burning with fire. This burning increased even more during meditation. The burning sensation was so intense that I

couldn't touch my eyes with my hands. Then, one day I looked at myself in the mirror and found that eyelids have been cut as if they are cut with a blade. Then I came to understand why the eyes hurt so much.

On 11th September, I saw during meditation, *Kundalini* reached *Brahmarandhra* through the straight path, then she came towards the forehead after turning at the *Brahmarandhra* door. I could see the whole body of *Kundalini* using divine vision. Her head is like a snake and the body is as red-hot iron. Her mouth is near the brows when I saw it, her tongue came out a couple of times, and then she started spitting fire from her mouth. At that time, it felt as if there is fire raining on my forehead. When I got out of my focus after some time, I understood that this bad condition of my eyes is because of the *Kundalini* herself.

I told *Shri Mataji* that my *Kundalini* has returned to the eyes from *Brahmarandhra*. *Shri Mataji* spoke in a little rage, "Anand Kumar! it is not how you think it is. *Kundalini* does not return from *Brahmarandhra* so quickly. You are confused; your *Brahmarandhra* is open now. You are a good spiritual seeker. Now you are capable of becoming a monk. I will get you the initiation of the renunciation from *Swami Chidanand ji* (of Rishikesh). Then it will be up to you if you want to stay in the *ashram* or go anywhere you like." I said, "*Shri Mataji*, I don't want to get initiation for renunciation because my boy is very small. I don't want to be a monk until he grows up." *Shri Mataji* didn't say anything. I thought, if I become a monk, where will I stay because here the ideas of *Shri Mataji* and me do not match. Now, I can still go back to my home, but after becoming monk, where will I live? *Shri Mataji* says about the vision I just saw of *Kundalini* returning to eyes, "This is not true but just an illusion," because she tries to relate every vision with her own *sadhana*. She says, it takes at least twelve years to open the throat chakra. I say, it can take more than 12 years and maybe even less than 12 years. Now, I am not a

novice spiritual seeker that I would not know about *yoga*. Sometimes, I used to see activities of *Shri Mataji*'s subtle and physical bodies using my divine vision, but I did not say anything to anyone.

There should be No Visions

During meditation, my *prana* reaches the *Brahmarandhra* rapidly, crossing the fifth and sixth chakra. My focus was on *Brahmarandhra*. About five minutes later, I felt I am in *Brahmarandhra*. I lost the feeling of the physical body. I didn't know whether I exist or not. I cannot tell how long this condition lasted. Then I started getting conscious and got out of meditation. After three-four days, *Shri Mataji* said to me that you should not have visions now. These visions are a hindrance to further progress. The next state is *Nirvikalpa Samadhi* and mind merges in the state of *samadhi*, and visions engage your intellect and thoughts. Then *Shri Mataji* gave an example of Kavita

did and said, Kavita is able to tell more than me. She keeps telling everyone about it without even my permission, and I do not even know. If you start answering people, it obstructs your *sadhana*. One becomes so capable that he can answer all kinds of questions immediately. Divine vision is more like a *siddhi*, the more you use it, the later you will attain the next stage. All the visions that you did have are divine. These visions are seen because of the divine vision. Now you should not have any such visions. In the beginning, you might get depressed and many suspicions will arise in your mind that why I do not have any visions anymore. Then your mind will be calm and you will attain joy. I have told you all this because I am not available here all the time. Just keep one thing in your mind that you are going to go back to

your home after a few days. Everyone will ask you questions; society will bathe you with milk and follow you. If you start solving their problems, then you will have to bear everything, and your progress will stop right there. You tell all of them clearly that *Shri Mataji* has advised against distractions. You stay calm. Go Ahead.

Nature of *Guru Tattva*

I had this vision on 13th September, *Shri Mataji* and I started walking forward from a narrow door. As we crossed the narrow region, we reached a very bright light. It seemed like millions of suns have spread their light all around. *Shri Mataji* was walking ahead of me; I was following her. We kept walking for some time and then stopped. *Shri Mataji* was standing in front of me. After a moment, *Shri Mataji* moved forward while I stood at my place. *Shri Mataji* walked 5-6 meters further and went up a bit. A very bright light began to emerge from her body. This light was so bright that *Shri Mataji*'s whole body transformed into light. Then this bright light merged into the light that was already there in front of me. As *Shri Mataji* merged in that bright light, a voice came out of my mouth, "Mother." Then I paused for a moment and thought, "Mother left me and merged in the light." At that time, I was a little sad. Then I said loudly, "Mother, I will also follow you. I want to merge into you. I will also merge in this light." The vision ended.

Meaning: no doubt, this vision was of within the *Brahmarandhra*. My divine vision was working so that I could see this vision. Spiritual seekers! I have described *Shri Mataji*'s form here. It was not *Shri Mataji*'s body but a form of *Guru Tattva*. *Guru Tattva* is a conscious power; after the *shaktipat* it resides in the body of the disciple in subtle form. *Shri Mataji* does not know what her *Shakti* is doing. *Shri Mataji* lives

in a body made of five fundamental elements, which is bound to the restrictions of *karma*, but *Guru Tattva* is a conscious power. At the time of *shaktipat*, the power that enters the disciple's body is called *Guru Tattva*. In higher states of *sadhana*, spiritual seeker sees this *Guru Tattva* in a formless way, but in the beginning, this power is seen as the physical form of the *guru* himself. When a spiritual seeker sees his *guru* in his meditation, it is the *Guru Tattva*.

Drinking Milk

I had this vision on 16th September, I saw, I am meditating in my room. Some substances (like dust particles) are coming into the room with the wind. I thought, the room is closed in the *ashram* here, then how are these dust-like particles (but not dust) entering the room? I did not like those particles because, along with the wind, they were falling on me too. I thought, who is doing this and interrupting my *sadhana*. I came out of my physical body. In my subtle body, I crossed the ceiling of the room and moved towards the direction from which these particles were coming. After few moments, I found myself in a strange place where there was light spread all around. I saw, the dust-like particles which were coming to my room were being scattered by a boy just like a farmer does to the wheat in the field. After the boy was blowing them away, shiny objects were falling right there. These shiny objects were like golden coins and stones. The light was emerging from these objects. Dust like particles were flying in the space and reaching my room with the wind. I said to that boy, "Stop it. This mess goes to my room." The boy stopped. I stood there and looked around. Now I could see far away. I could see my *ashram* too. When I stopped looking around, I found myself standing on a heap of those

bright coins. I came down from that heap and now I could see up to a short distance. Then I noticed a man coming towards me; he said to me, “Anand Kumar! You have come so far; you must be hungry. Drink this milk.” He had a small bowl in his hand that had milk in it. He handed it over to me. There was hardly 50 grams of milk in that bowl the maximum it could carry. I thought in my mind, “What will this little amount of milk do?” That man said instantly, “Don’t worry about that; you will get more milk.” I was surprised to hear that. I thought, how did this man know what I had in my mind. I started drinking that milk thinking that I will finish it all in one sip, but there was no end to that milk. Then I drank all of it unwillingly. I was amazed by the fact that there was very little milk in the vessel but, I could hardly finish it. That man said to me, “Do you want more milk?” I said, “No, my stomach is already full.” He said, “I have called you here to drink milk.” I was surprised to hear that but then I said, “Well, let me go now.” He allowed me to go and I left from there. The light was spread all around, the path and the surroundings were very beautiful. The vision ended.

Meaning: Spiritual seekers! I had gone to some other *loka*. I can’t say which *loka* was that because different kinds of men are found at different places in the same *Loka*. Offering someone milk means giving spiritual or *sattvic* powers to him. Though, in spirituality, milk also means knowledge.

The *Hiranya-may* Purush

At 12:30 AM, I had a desire to meditate, so I got up. I had just closed my eyes for meditation when I saw a very brilliant (with a powerful aura) man. He had long grey hair on his head, and his beautiful white and golden beard was reaching his

chest. Eyes were glowing with brilliance and face was red like molten gold. His whole body was golden and full of brilliance. The golden light was emerging from his body. He was looking at me and I was looking at him, then suddenly he laughed. His beautiful teeth began to shine. I could sense in that laughter that he was very pleased with me. He was very pleased with the progress of my *sadhana*. He seemed to be my well-wisher. I felt like I found a very old friend, he had a love for me in his eyes. It seemed as if we were meeting after many births. He blessed me with his right hand and then he disappeared. I opened my eyes. I felt that I did not even start meditating, I had just closed my eyes.

Meaning: Spiritual seekers! He is called ‘*Hiranyamay Purush* (golden man),’ also called *Brahma*. He lives in the *Brahmaloka* and creates the universe.

Mother of the Universe

I had this vision on 18th September, I saw, I am flying upwards at a high pace. As I moved forward, the light became extremely bright. After a few moments, it seemed as if, innumerable Suns had appeared together. Now it was tough to move forward because nothing was visible any further. But I did not stop moving forward, as if someone was inspiring me to move forward. While moving forward, I put the palm of my right hand on my eyes and turned the face to another side because my eyes could not bear the brightness of the light. The place I was walking, extremely bright light was emanating there. For a moment, it seemed as if I am standing in the source of this light because I could see the light steaming up. I could not think of anything at that time. I thought my third eye is open. Then I was going somewhere; I could not understand where. Due to the intensely bright light, I stopped moving. I

could not open my eyes because of the light. Still, I tried to move forward and saw, at some distance from the place where the light was emerging; I saw a 10-year-old girl. She was wearing Rajasthani style *lehenga* (traditional women dress) and blouse. In the *lehenga*, there was excessive use of yellow colour. The blouse was sticking to her body, scarf on the head. Scarf was hanging on both sides after covering the whole head. She was laughing slowly. She had beautiful shining teeth and eyes. Her face was exquisitely beautiful. I had a thought in my mind, “Who is this girl?” Then a voice came from the place of origin of the light, “She is *Brahmaanda Janani* (mother of universe).” I thought for a while then said slowly, “*Brahmaanda Janani!*” Later the girl became invisible and after a few moments, a boy appeared there. He was also uniquely handsome and his age was around 12-13 years. I cannot describe him. In that bright light, his colour seemed light blue and light of the same colour was emerging out of his body all around. Moments after seeing him, I said, it is Lord *Shri Krishna* but I could not see a peacock feather on his head. He disappeared after a few moments. Then at that place, both *Shri Krishna* and that girl appeared again. The girl was standing to his left side. Seeing them both together, I said, they are *Radha ji* and Lord *Krishna*. *Radha ji* was looking just like before but Lord *Krishna* had a beautiful colourful garland in his neck; it seemed as if the garland was reaching up to his knees. I said to both of them, “I salute both of you.” Then I turned back to return. Then the vision ended.

Meaning: Spiritual seekers! This vision is very rare for a spiritual seeker. Not every spiritual seeker can have such a vision. The spiritual seeker can have such kind of light source in a very high state of *sadhana*. I was standing there in my causal body. This whole scene was seen with the help of divine vision. In this vision, I saw the child form of *Shri Krishna* and *Shri Radha ji*. Readers, I have been in contact with

Shri Radha ji and *Shri Krishna* for many years. That is why I saw *Shri Krishna* in many visions. It is very difficult to see them in a vision like this.

Liberation

This vision is in the third week of September. I saw, I am standing in the space, light blue light is spread all around. I can see a blue light up to the long distance. I saw a mass of light disappearing in that blue space. Some such light-masses were moving around in the space. I observed this process for a while. Then thought, what is happening? Some light-masses disappear in the blue space, and then their existence ends. At that same time, a voice came from the space, “This is liberation (*Mukti*).” I understood that these light-masses are a form of individual souls who are still roaming around, and they have not attained liberation yet. My vision ended there.

Meaning: in this way, I was told about liberation. But the truth is that this scene has been explained to me by *vrittis*. It is not possible to describe what actually liberation is; It is a subject of cognition. A *Tattva-Gyani* man resides in the *Para-Prakriti* after abandoning the *Apara-Prakriti* when he leaves the physical body.

Another Experience

This meditative vision is also in the third week of September, I saw- a girl is standing in the illuminated space, the girl is very beautiful, she is laughing loudly.

She said to me, "Anand Kumar! Take a bath for me." I started thinking, "Take a bath."

Then I looked downwards, a river is flowing, I stood on the edge of the river, water was flowing near my feet.

I told the girl, "Why should I take a bath? Why do I care." Then she said, "Anand Kumar, take a bath for me, only once." In a moment, I thought, "Okay, I will take a bath for her." She was standing in the illuminated space and laughing. I started to take off my clothes to take a bath. The clothes on my body got separated automatically. I saw, I got nude. So, I thought for a moment, what will the girl think I'm naked? Then came the idea, let her think, what she thinks, I don't care. I started walking on water, and the girl standing in the space was smiling at me. I was standing in the middle of the river and thinking, how would I take a bath, I am standing on the water in the river, how will I go under the water. The girl said, "You make a firm decision to take a bath in the river." I resolved to take a bath in the river. As soon as I made the resolution, I started going down in the water. I felt like I am being pulled down in the water. I did not want to go under the water. I started feeling so scared that because of fear, I screamed, "I have been deceived." The girl giggled. A feeling of success was evident in her laughter. As soon as I thought that I was being deceived, I came out of the water at a fast pace and ran away from the river. That girl jumped from the space into the river, next to me. Because of the girl's hidden powers, I started entering the water again. Then out of panic, I started uttering- *Om Trayambakam Yajamahe* "I started chanting the *Mrityunjaya mantra*. Due to the influence of the *mantra*, I came out of the water immediately. Then the girl became invisible. My meditative vision also ended.

Meaning: Spiritual seekers! The river is the world. The girl symbolizes nature. She asked once for a bath, and I did the same. It means that nature is telling me to come into the world one more time. I got ready to go back into the world but at the same time, I understood that I was being deceived and therefore got out of it. It means that I will not come back again in this world; this is my last birth.

Nowadays, I see my karma in the form of a dog. That dog sniffs me around and then disappears. But sometimes it merges inside me.

Lord *Dattatreya*

This meditative vision came at 3:30 PM on 23rd September. I saw, I am standing in space; at that time, very bright light spread in front of me, as hundreds of suns have appeared together. After a few moments, I saw the Lord *Dattatreya* standing inside that light; he was looking very beautiful. He was wearing saffron *dhoti*. There was no garment on the body above the waist and he was wearing a *janeu* (sacred thread). He had a long trident in the right hand, and the light from his body was coming out, even though he was standing in very bright light. He was looking on his left side. A woman standing on his left was in an ascetic garb. Her hair was tied up in a bun. She was also wearing saffron garments and was also looking bright. I was wondering who that woman is? The woman was also looking at Lord *Dattatreya*. I have been looking at the beauty of Lord *Dattatreya* for a few moments. Then he disappeared. My meditative vision came to an end.

I saw Lord *Dattatreya* during meditation, which is very fortunate for me because very few spiritual seekers are able to see him, but I could not recognize that

woman. I narrated this meditative vision to *Shri Mataji* and asked about female monk, Then *Shri Mataji* said, "This female monk is *yogini*, Lord *Dattatreya* gave her a boon." The story is as follows: When lord *Dattatreya* used to perform *sadhana*, he used to go to river *Krishna* and would come back after some time. Someone followed him one day and saw a beautiful city inside the river where 64 *yoginis* were worshiping Lord *Dattatreya*. Therefore, Lord *Dattatreya* used to go to the *yoginis* to give them a glimpse of himself. Of those 64 *yoginis*, eight were prominent. When Lord *Dattatreya* started leaving after practicing *sadhana*, he gave a boon to the *yoginis*, "When you are outside of water near my place, you will get my vision." This is the same *yogini*.

An Obstacle on *Shri Mataji*

Once I was doing meditation in the home of *Shri Mataji*. *Shri Mataji* was sitting in the meditation hall. I saw a dark and dirty woman standing behind *Shri Mataji*. She was wearing a simple dhoti and was not looking nice. I said, "this woman is not nice; what is she doing here, and why is she standing behind *Shri Mataji*?" Then *Shri Mataji* told me that "She is an obstacle which is always behind me. Somebody has sent her, and she shows her influence on January 25th. Some see a dark woman and others see a revolving chakra." Then I thought, "Alas, this obstacle had come to me, then I would have seen how powerful the sender is?"

The Vision of the *Garuda* and Swan

During my meditation, I saw- I am watching a huge bird that is similar to an eagle. It's both eyes were like red balls of fire. It was looking at me and I was looking at it. After a few seconds, the bird disappeared. Instead, I was seeing another huge white bird. The bird was completely white and very beautiful.

Meaning: In this meditative vision, I saw *Garuda* and *swan*. That eagle-like bird was *Garuda*. In this universe, there is only one bird whose name is *Garuda*, who is the vehicle of Lord *Vishnu*. This means victory. This is seen when there is more purity in the mind; the state of the spiritual seeker is high, and the spiritual seeker achieves success in practice. When the spiritual seeker in a very high state sees a *swan*, the spiritual seeker gains some knowledge about *Maya*.

Used Divine Vision

Today on 20th September, all the spiritual seekers were celebrating *Shri Mataji*'s birthday. Then in the evening, we got to know that one spiritual seeker from Delhi had an accident. The accident happened on 16th of September, and *Shri Mataji* was informed four days later on the phone about the accident. The spiritual seeker was being treated in AIIMS Hospital Delhi, and his situation was critical. He had not gained consciousness. I was also grieved to know as I had a very good relationship with that spiritual seeker. He had a very good nature and he was the favourite spiritual seeker of *Shri Mataji*. After celebrating *Shri Mataji*'s birthday, I came back to my *ashram*. On September 21st, some female spiritual seekers had come to the *ashram* with *Shri Mataji*. I also remembered the spiritual seeker from

Delhi. All spiritual seekers were sitting in meditation in the *ashram*. Now I could not see anything immediately in my meditative state, because now I was in the state of *Nirvikalpa Samadhi*. As soon as I sat for meditation, I was in *Nirvikalpa Samadhi*. After some time, I came into the lower state and then I heard, “the spiritual seeker from Delhi will get well; his situation is very bad right now.” I talked about this to all the female spiritual seekers. After some time, they all went back with *Shri Mataji*.

On September 28th, at around 3:30 AM, I sat down for meditation in my *ashram*. After a few moments, I was in *Nirvikalpa Samadhi*. During the state of *samadhi*, I felt a loud noise coming from outside. Due to this, I came out of *samadhi*, and I opened my eyes. The noise came again from outside the room. I recognized the voice. It was Pankaj Kaushik (the boy from Meerut), who was calling me. I was surprised to hear his voice, why has he come so early in the morning and calling me? I glanced at the clock, and it was 5:30 AM. I said from inside the room, “Pankaj, why are you calling me so early in the morning? He said, “Open the door first; then, I will tell you why I have come here.” I opened the door and Pankaj Kaushik came inside the room and said, “Anand Kumar, *Shri Mataji* has called you immediately.” I said, “What has happened, why is *Shri Mataji* calling me immediately?” Pankaj said, “I don’t know, *Mataji* has asked me to bring Anand Kumar to her immediately.” So, I told him, “Let me take my bath and then I will come with you.” After some time, I got ready and left with him on his motorcycle towards the house of *Mataji*. We both reached the house of *Shri Mataji* in 10 minutes.

I said *pranam* (humble way to salute) to *Mataji* and she said to Pankaj, “Pankaj, you go outside and do not come in until I ask you to and don’t let anyone else come in.” Pankaj Kaushik went outside. *Shri Mataji* told me, “Anand Kumar, I got a call from Delhi that the spiritual seeker has not regained consciousness yet. You can do your worship later, first sit down for meditation for 5-10 minutes. Try

to see something about the spiritual seeker, if you get some message, tell me about it.”

Shri Mataji knows that due to *Nirvikalpa Samadhi*, I am not able to see anything very quickly, so I was very surprised to hear *Mataji*'s words, but I could not avoid her directions. I sat down to meditate; *prana* went straight up and went inside the *Brahmarandhra*. I tried that the *prana* should come down a bit, but it did not come down, and after some time *prana* came to the *Brahmarandhra* door, and then the message started coming, "When so many powers are working with him then why are you worrying, your friend will be fine." Then the meditation became a bit lighter because someone had come in the room. This was a barrier during meditation. After a few moments, I sat again for meditation. Then the voice came from the sky, "If the spiritual seeker decides to dedicate himself, then he will gain more by it, yet if anything remains after that, then he should understand and accept it as *karma*." I received a lot of information about the spiritual seeker. Then I told *Shri Mataji* the details of the information I received from meditation. *Mataji* did not like the last information I gave to her. *Shri Mataji* spoke, "Sharma *ji* (spiritual seeker) is unconscious, how will he resolve, it must be your thought." Then I went to the temple for prayers. After some time, sister Kavita also came. She also gets visions during meditation. She also spoke what she saw about that spiritual seeker. Her information and my information were almost matching. I went to the *ashram*.

At night, when I sat for meditation, then I tried to use my divine vision through resolution. At the same time, I started seeing my divine vision. Due to divine vision, the scene just before the accident of the spiritual seeker began to appear. He was driving a scooter with his wife sitting behind him when the accident happened. At the time of the accident, his right leg came under the silencer of the scooter. That is why he had more trouble in the lower part of the right leg because the silencer burned

the right leg. Then I started seeing the hospital where he was lying unconscious. He was not affected by the pinching of needles. Sometimes he got a little sensation, and he would open his eyes and then close them again. He did this three times. He did not remember anything about himself. Then I started talking to his subtle body. He showed me his right hand and said- I am having trouble at this place. But I was not able to see anything at that place. Probably there was a problem with the subtle nerves. He said that he had pain at two locations in his body, one in the right hand and second in the lower part of the right leg. He told me a few other things which I think will not be proper to write here. One thing I had understood about Sharma *ji* was that he would recover but he may not recover completely. There will be a little deficiency in his brain. Sharma *ji* will never know about his deficiency but if another person pays more attention, he may notice the deficiency in the brain of Sharma *ji*. The next morning, I went to *Mataji* and told her everything about Sharma *ji*. Then *Shri Mataji* said, “You are saying that Sharma *ji* opens and closes his eyes. It is not like that because he is lying unconscious on the bed. How can he open his eyes?” I said, “*Shri Mataji*, I have seen during my meditation that he opened his eyes.” *Shri Mataji* said, “This is not right; he is lying unconscious. This must be your own thought.” Then I said nothing and went back to my *ashram* after some time.

The next day in the morning, *Shri Mataji* sent a message, “Your meditative vision was true. Sharma *ji* opens his eyes and closes them again.” His wife had called from Delhi and told me about this. I was thinking about why *Shri Mataji* does not believe my words. *Shri Mataji* had tried a lot to get information about Sharma *ji*, but she was unsuccessful, then she asked me to get information about him.

I am not writing many things in this meditative vision because it is not appropriate to bring forth everything before society. I want to make it clear that there are many things between *Shri mataji* and me that no one will be able to know because

she is not only a great teacher to me but also a mother. In the present time, people have got some secret information that *Shri Mataji* used me to do spiritual work. It is true, but I have not told anybody about it. This is why *Shri Mataji* wanted me to stay in the Miraj *ashram*. She also was thinking of giving me a high position in the *ashram* and the future; she wanted me to guide spiritual seekers. But I could not fulfil her desire because due to some reason, I could not stay in the *ashram* and I came back to my village.

Divine form of *Shri Mataji*

I got this meditative vision during my *yogic* sleep- I was lying in my room in the *ashram*. I could very clearly see the path from the *ashram* to the house of *Mataji*. The distance between the *ashram* and the house of *Shri Mataji* was 6-7 kilometres. I could see not only the road but also the standing trees, fields, and even the subtlest particle. I was seeing that light was spread out throughout the path and I could also see that I was lying in the room. The walls of the room were not an obstacle to me as they seemed transparent and I could see everything outside the room. The surprising thing was that a human being could not see beyond a certain distance but I clearly saw through a distance of 6-7 kilometres at once. After a few moments, I saw a chariot coming up. The chariot was with two wheels; there was also a charioteer in the chariot holding the reins of horses and driving it. *Shri Mataji* was seated in the chariot. She had a high crown on her head which was decorated with shiny gems. *Shri Mataji* was wearing a white *sari* but her shawl was light red. She had worn the shawl around her and it was shimmering in the light. I was lying in my room and seeing that *Shri Mataji* was coming on the chariot. That chariot was

coming towards the *ashram* and it stopped on the road in front of my room. *Shri Mataji* stepped down of the chariot and came towards my room. I was seeing- the door in my room was closed, in that very moment, *Shri Mataji* standing at the door called me “Anand Kumar, Anand Kumar.” As if lightning had struck me, I thought- *Shri Mataji* is standing at the door and I am lying down, I immediately stood up and went to the door. I said to *Shri Mataji*, “*Shri Mataji*, please wait, I am opening the door, it is closed from inside.” It was surprising that I was standing outside the room without even opening the door. I came out very easily even when the door was closed. Walls and the door were no obstacle to me. While standing outside the door, I could also see the body of Anand Kumar lying on the cot in the room. I am standing outside and talking to *Shri Mataji*.

After some time, I thought that I should wash the feet of *Shri Mataji* since she had walked from the chariot to my room; her feet must have got dirty. As I bend down to wash the feet of *Shri Mataji*, I see that her feet are not on the ground, it was a little above the ground (about a foot). I was surprised to see that she was standing above the ground without a base. As soon as I looked at her face, she smiled at me. At that time, a bright light was coming from her face and her entire body was illuminated. At that moment, my eyes opened; it was 3:30 in the morning. It was like a fire in my body because the *Kundalini* was raised. After some time, I sat down for meditation.

Meaning: Spiritual seekers! I could see the distance of 6-7 kilometres from the *ashram* to the house of *Mataji*. I saw the whole scene through my divine vision. The subtle body of *Shri Mataji* had come to me, and my subtle body had come out of the room and stood outside. If you think about the vision, the body of Anand Kumar was lying on the cot. Everything was being done by my subtle body. The door of my room was also closed. Still, I was standing outside the room. Hence the subtle body

is not obstructed by walls or doors. My divine vision was working very fast; therefore, the scene was not very clear.

Attain perfection

This meditative vision is on October 2nd during my meditation at 10 AM. These days my state of mind gets disturbed for a few moments when somebody says something to insult me. I start thinking- what is my fault. I understand that there is no solution to this problem when people insult me. Sometimes I think I should leave the *ashram*. Many times, I have decided to leave the *ashram* thinking that I will meditate somewhere else. But when I sit down to meditate, then I hear a voice saying not to leave the *ashram* yet. Therefore, many times I become sad and there is a struggle going on inside me. I used to get solace in meditation. But now I get irritated by the voice during my meditation thinking why this voice comes to me. I was going through this struggle since morning as I had to go to *Shri Mataji* at 7:00 AM but I was unable to go. I decided- I will not go to Miraj to see *Shri Mataji*. Meditation can be done even without a *guru* and now I had attained a higher state in *yoga* too. *Shri Mataji* is very proud of her *yoga*, so she always finds faults with my meditative visions and *kriyas* even when later on, these *kriyas* and meditative visions come true. What type of guide is she? So, I decided that I will practice more than *Shri Mataji* and attain more power. I was thinking about all this.

Then my eyes started to close; I sat down to meditate. As soon as I sat down, I saw a bright light as if hundreds of suns are shining. There was intense light spread everywhere, and I was standing in that light. After a few minutes, a saint appeared from the light. He was of average height, had a well-built body, and was wearing a

saffron robe. He was wearing a light red coloured expensive shawl. The way he was wearing the shawl was a little weird. He was wearing it like women wear a shawl, meaning the back of his head was covered with the shawl. His complexion was a little dark and he was standing at a small distance from me. Then that great man said to me, "Son, you have to attain perfection in any situation. You have to work a lot in the future; the future needs you." I was just staring at him and said nothing to him. He said again, "Go back to your *guru*." After saying this, the great man became silent. Then right in front of me, he vanished, and I opened my eyes. Then I got ready and went to see *Shri Mataji*.

I narrated this meditative vision to *Shri Mataji*, but after hearing this, she said nothing. I understood *Shri Mataji* must not have liked my meditative vision. I had thought that *Shri Mataji* would be happy to know what the great man had said, but she felt something else, "Your thought is great *gurudev*." A guru should be happy with the accomplishment of his disciple but my *guru* was quiet.

Meaning: Spiritual seekers! This saint was not a regular saint but he was the favourite and most senior disciple of Lord Gautam Buddha. His name was Anand. At this time, he lives in *Taploka*, where the *Brahmaloka* meets the *Taploka*. This was known in January 1996.

Since my divine vision is magnificent, it works very fast. Divine vision also works during *yogic* sleep. When I am sleeping, my *prana* enters *Brahmarandhra* and my divine vision starts working. Because of divine vision, I can see very far and *Kundalini* also goes up and down in *yogic* sleep. Due to *Kundalini* when the body temperature rises then I wake up from sleep because the heat starts to hurt the body. If I had stayed in that state for a month, then I would have gotten more meditative visions. Due to the divine vision, I used to get information about what was happening

on the earth and the subtle information of the other *lokas*. Nowadays, my body has become very pure. I don't want to sit with anybody; I like to stay alone. At that time, I don't even want to eat. I don't even like it if somebody passes by me or talks to me. Sometimes I would get irritated with myself, my memory had gone weak and I did not like this world anymore. Now I had no attachment left to anything. The only thing I wanted was to do stringent practice and attain perfection.

Once I thought that it has been one and a half years, now I should visit my home. I decided to go to my home in Kanpur. Then I told *Shri Mataji* that I want to go home. *Shri Mataji* said, "You can go home for a month, but on 7th October I am going to Jalgaon, you come with me. We will go to Jalgaon via Satara and Pune, after that you can go to your home. Because some spiritual seekers want that Anand Kumar should come to Pune and Jalgaon, you should come with me." I prepare to go home on 7th October, but my situation was such that I used to get pain if somebody touched me. I did not like to talk to anybody because my *Vacha Siddhi* (super natural power of speech) was working for some time. When I go to Satara, Pune, and Jalgaon, I will have to talk to many spiritual seekers in the cities and I will have to eat also everywhere. So, I started to make my body impure so that I do not have a problem when I receive impurity from spiritual seekers. I decreased my *sadhana*. Then *Shri Mataji* told me, "I am taking you to Satara with me because I will send you to Sajjangarh with somebody. There you have to visit the *Samadhi* of *Samarth Guru Ramdas ji*." I requested to *Mataji*," I also have a desire to visit the *Samadhi* of saint *Gyaneshwar ji* in Alandi." *Shri Mataji* permitted me to visit.

A Trip to Sajjangarh

In the morning of 7th October, *Shri Mataji* and I started for Sajjangarh in a car. When the car reached close to Sajjangarh, then *Shri Mataji* said to me- Anand Kumar, the hill that you see in the front is Sajjangarh.” At that time, I was looking at the natural beauty of Sajjangarh from inside the car. The area around looked so beautiful that it cannot be described in words. If a spiritual seeker wants to enjoy the beauty of nature as well as spirituality, then he should definitely go to Sajjangarh. After some time, I reached the hills of Sajjangarh. The car could not go beyond that point as the road was not made for cars. We all had to climb steps after leaving the car. *Shri Mataji* said, "The road has been made up to this point now. Earlier, we had to climb the entire hill by steps. Earlier the hill was higher and it was very strenuous to climb the stairs. Now we have to climb every few steps as the road has been made.” All the spiritual seekers reached the top of the hill. After resting for a while, I went to visit the Samadhi of *Samarth Guru Ramdas*. After that, all the spiritual seekers did meditation there, and everybody received Prasad also in the afternoon. *Shri Mataji* went to rest. We the spiritual seekers, went to see Sajjangarh and later sat down on a hillock. We could see natural beauty far and wide. The small green hills had so much attraction that I felt like staying there. I did not even realize how three-four hours passed by. Then we left for Satara. After reaching Satara, I came to know that I have to stay there for three days. I did spiritual get together for three days. On the morning of 10th October, I left for Pune with *Shri Mataji*.

Journey to Alandi

I had to stay for five days in Pune. Two days after reaching Pune, a program to go to Alandi was made. *Shri Mataji* said, “If you are going to Alandi, then definitely go to *Siddhapeeth*. It is 1 ½ kilometre from Alandi. The *Samadhi* (tombstone) of *Gyaneshwar ji* is in Alandi, but *Siddhapeeth* is the land of the *sadhana* of *Gyaneshwar ji*.” I had a great attraction for Saint *Gyaneshwar Ji*. I had never even seen him during my meditation, so I was satisfied that I would at least see his tombstone. With a few spiritual seekers, I reached Alandi by bus around 6 or 7 in the morning. We all visited the *Samadhi* and then sat down for meditation. During my meditation, I saw a saint. He had a Marathi style turban on his head. There was a mark of sandalwood paste on his forehead and he looked ancient. I cannot describe him more because I had never seen him earlier. I had meditated for 15-20 minutes. Then I saw a photo there, and I asked a spiritual seeker-Whose picture is this?” Then that spiritual seeker told me that this picture was of *Nivritinath ji*, who was the elder brother of Saint *Gyaneshwar ji*. I immediately understood that I had seen him during my meditation. After walking for some time, we reached there. All the spiritual seekers sat down to meditate there.

The Vision of *Gyaneshwar ji*, *Muktabai* and Others

My *sadhana* was going well, so I went into meditation as soon as I sat down. I prayed to saint *Gyaneshwar ji*, “I am longing to see you; please give me a glimpse of yourself and fulfil my yearning.” After resolution, I started meditating. After some time, I heard a voice, “Meditate in your heart.” On hearing the voice, I started to

think- How can I meditate in the heart? After hearing the voice, I tried to focus on the heart, but it did not happen. I thought that I would not be able to focus but, in this struggle, I don't know when I had started to meditate. Usually, my mind would enter in *Brahmarandhra* directly but this time I felt that my *prana* and mind both had stopped in the brow chakra. This caused pressure on brow chakra. I felt that I am entering in brow chakra. In a moment, I saw a vertical eye, which was larger than the normal eyes. This eye was fully open, pure and bright. I kept looking at the eye for some time; later, it was not visible anymore.

Then another vision came in. I saw a very young girl. The girl was fair and her face was bright, and she was wearing around the nose ring. Her face was very close to me and she was smiling. After some time, I went into deep meditation, and then again, I saw that vertical eye on the forehead. Through this eye, I could see a young man sitting at a distance from me. His complexion was fair but not very fair. He was well built and handsome and his age was about 18-19 years. He was not wearing anything on the top of his body. He was wearing a *dhoti* on his waist. His hair was curly and long, which were reaching his shoulders. His hair was uncombed as if he had just taken his bath. Probably his height was about 6 feet and he was looking at me and smiling. On seeing him, I heard a voice, "This is Saint *Gyaneshwar ji*." On hearing this, my focus started to get weak. But I was feeling happy inside and started to concentrate again and I saw the vertical eye on the forehead. Then a huge face came in front of me; the hair on his head was grey and long. The wrinkles on his forehead could be clearly seen, the face was red and bright as if the light was coming out of it. He was looking at me calmly. His eyes were very calm. On seeing this great man, I thought this person could not be from this age because his face was so huge and bright.

Meaning: After this meditative vision, my focus got weakened. I did not want to get out of meditation, but my body was tired. The area around the brow chakra was in pain and the eyes were also hurting. I was sitting in meditation for about two hours. I was very happy inside because my desire was fulfilled. I remembered- nowadays, Saint *Gyaneshwar ji* looks so handsome in photos but in reality, he was not. He looked very bright even when his complexion was wheatish. His sister *Muktabai* was very fair and beautiful and also very bright. The girl whom I had seen was *Muktabai*, the sister of Sant *Gyaneshwar ji*. But I could not recognize the person with a huge face and grey hair. The vertical eye I saw during my meditation was my divine eye. I had all these meditative visions through this divine eye.

After meditation, we all spiritual seekers had a meal. I narrated my meditative vision to other spiritual seekers. We sat there for a while and then left for Alandi. After returning to Pune, I told *Shri Mataji* about my meditative visions. She was very happy after hearing them. On 14th October, we left by train from Pune to Jalgaon. I had to stay in Jalgaon for 6-7 days. In Jalgaon, I enjoyed spiritual conversation with other spiritual seekers and I was capable of answering the questions of other spiritual seekers and I could know anything about any spiritual seeker. Besides spiritualism, spiritual seeker friends asked questions about worldly affairs and I was able to answer them accurately within moments. I had a good rapport with the spiritual seekers of Jalgaon and some of these spiritual seekers had visited Kanv-Ashram. I went to the *samadhi* of the great saint *jipru Anna* in Jafrabad which is 12-13 km from Jalgaon and also did some meditation there. The next day I went to see the Ajanta caves with some other spiritual seekers. In the Ajanta caves, we saw the paintings and sculptures on the life of Lord Buddha. All these caves were very beautiful. On 20-21 October, I left for my home in Kanpur. I stayed at home for a month. At home, also I had some meditative visions but it would not be

appropriate to write about them here. From Delhi, I went to Jalgaon again. This time I stayed in Jalgaon for eight days. I came back to Miraj after that *Shri Mataji* stayed back in Jalgaon.

Now I would see *Shri Mataji* several times during my meditation. I did not have many meditative visions during my meditation state but once in a while, it would come. I had meditative visions in yogic sleep. In my meditative vision suddenly, *Mataji* would appear. If I am going somewhere, suddenly I would see *Shri Mataji* walking beside me. Sometimes I would get scared of *Shri Mataji* because she was always present with me. Once when *Shri Mataji* came to the *ashram*, I asked her, "*Shri Mataji*, when I am sleeping, you are in my dreams. If I am walking in my meditative visions, you are either in front or walking on my side. Even when I am doing some work in my dream, you are present there too. Sometimes you even ask me not to do that work. *Shri Mataji*, how does this happen that you are always with me." *Shri Mataji* said, "The state of *sadhana* you are in has not left much distance between you and me. Now you are very close to me. Therefore, I am always in your dreams but when *guru* and disciple become one, then this stops. In this state, who will see who when both are one?" She then gave an example of *Swami ji*, sometimes I am seen in the form of *Swami ji* by some spiritual seekers and some spiritual seekers had a vision of *Swami ji* and me together. I asked *Swami ji*; he said, "how can you see me when you and I are one?"

Two Petaled Lotus

This meditative vision is on 31st December. In the morning meditation, I saw light spread everywhere. There is a huge bloomed lotus in front of me, but this lotus

has only two petals. This lotus flower does not have colours; instead, the two petals are made of the seven rainbow-coloured light. Even without being colourful, the lotus was looking beautiful, and I was smiling while looking at it. I said, "What type of lotus is this? It has only two petals." I immediately heard a voice, "This is the lotus of brow chakra; it has only two petals. Anand Kumar, you feel bad when people say rubbish without any reason; let them speak as much as they want. Relinquish everything and move ahead." After some time, the voice came again, "You think yourself to be a spiritual seeker; in my view, you are still not a spiritual seeker. Get Calm, very calm and reach the highest state in *yoga*."

Application of Super Natural Power of Speech (*Vacha Siddhi*)

I felt like doing a new experiment with my *yogbal*. I had done this experiment before Guru *Poornima* (full moon), and it was successful. A female dog used to come to the *ashram* daily. She was very weak and bony. I used to give her some food after lunch. I did not eat in the evening, but she would come, wait for food and then leave. In the afternoon she would come an hour earlier and wait for food. Slowly she would come and sit next to me. Then I would pat her with my hands and also save some food to give to her in the evening. I would not eat in the evening but always give food to her. Sometimes I would even make salted rice for her. Then a thought came to my mind- Can I understand the thoughts of the animals. I wanted to do this experiment, and I selected this dog for it. At that time my body was very pure because I did a lot of meditation and also, I did a lot of chanting of *mantras*.

Therefore, whenever I came in close contact with a man, I could get a lot of information about him.

To experiment on the dog, I started patting her body gently. She was lying on the grass with her eyes closed. I took her leg in my hands and started Omkar loudly. The dog's body started to shake. She opened her eyes and closed again. I closed my eyes and started meditation. While meditating, I was holding the foreleg of the bitch. After some time, I started getting some indications. She was suffering from hunger and wanted to eat something; she liked my touch too. My touch was giving her a feeling of calmness.

After a few days, a *guru-bandhu* (disciples related to the same *guru*) from Pune came to visit. He was a doctor. I told the doctor everything. One day that doctor came from the place of *Shri Mataji* and said that *Shri Mataji* had called you and me in the morning. The next morning both of us went to see *Shri Mataji*. It took me time at *Shri Mataji*'s place, now my attention went towards the dog, feeling that she might be left hungry today. The doctor and I were able to come back to the *ashram* at 10 o'clock in the night. At that time, it was cloudy, and there was light rain. Both of us were coming towards the room; the doctor was walking in front; it was very dark; nothing was visible. As soon as the doctor reached the door, he said, "Anand Kumar, something has come under my feet, and he stepped back." I said, "Doctor *Sahab*, it must be a snake, come back. I will get a torch from my neighbour." At that moment, the doctor said, "Come here Anand Kumar *ji*, it is your dog." I came forward and opened the door. After turning on the light, I found that the bitch was fully soaked and also shivering with cold. On seeing her condition, I got very upset with myself, I did not even provide her enough food, but she was waiting there for so long in the rain for the little food. I don't know how long she was waiting there. I should tell

you that she was a domesticated animal but her owner was not giving her enough food. He used to work as a labourer and live a little distance away from the *ashram*.

While returning to the *ashram*, *Shri Mataji* had given me some food. I asked the doctor, "How many *rotis* (Indian flat bread) are there?" The doctor said, "Four *rotis*." I asked him to give one roti to the dog and said that I would not have food. One roti was given to the dog. Since the doctor insisted me to eat, we both ate the three *rotis* and went to sleep. In the morning, I was very sad and decided that I will separate this dog from her body because It was hard to see her pitiable condition every day. At that time, the dog also came there. I held her and laid her down on the ground. I did *Omkar* while rubbing my hand on her head. Then I used my *Vacha Siddhi* and said, "Let this dog get rid of her body very soon." Today was Friday and we both went to *Shri Mataji*. Doctor *Sahab* had to go back to Pune, so he stayed at *Shri Mataji*'s place. In the night, I came back alone from Miraj to the *Ashram*. I looked here and there but could not see the dog. I started calling her loudly but she did not come. Then the neighbour came and informed me that the dog had come under a truck and died. I was happy inside that she got rid of her body. Then I resolved, "The owner of the bitch should leave this place." After 10-15 days, I was informed that the owner of the dog had gone back to Karnataka. His son was sick and he did not even have money.

Meaning: Spiritual seekers! I have used *Vacha Siddhi* many times. I am not writing about every task because I don't feel important to write here. *Vacha Siddhi* can be used for good deed as well as a bad deed. It is up to the spiritual seeker how he wants to use his power. While using this, the spiritual seeker should be very careful in speaking. With this power, I have shown the right path for many spiritual seekers.

Spiritual seekers! If you are at the highest state of *yoga*, you can get the information from the trees, and you can get a lot of other types of messages. I have done experimentation on this a lot. There are many types of trees. Some have more purity than others. Even though all trees are primarily inert, some trees are good. The fruit trees are mostly good. If you want to know about others from the trees, you can do that. Trees also have consciousness, and due to this consciousness, all the work is done. I am not describing how to experiment on the trees because for this, a spiritual seeker needs to be in the highest state of *sadhana*.

The Year 1993

Make A Resolve to Attain Self-Realization

Shri Mataji came to the *ashram* in the first week of January with some female spiritual seekers. She stayed in the *ashram* for 2-3 days. At that time, all spiritual seekers were sitting in meditation in front of *Shri Mataji*. On the evening of January 8th, *Shri Mataji* explained to me, "Anand Kumar, as soon as you sit down, you start meditating but you don't make a resolution. You should resolve, without resolution, what will you achieve? There should be a goal." I did not understand what should be the resolution, what should be my goal. I asked *Shri Mataji*, "What should be my resolution?" *Shri Mataji* said, "Your resolution should be to gain knowledge, then you will know why this universe has been created, from where we have come, why we have come. You should resolve for self-realization. This should be your goal. Your mind will then become pervasive. You should have a strong desire to gain knowledge; only then will you be able to attain it."

A Great Man

A vision during meditation- I am sitting on a platform, something is kept there in a bowl. I cannot tell what was in the bowl. There seemed to be something in the bowl, but I cannot tell what it was. Then I see a great man coming towards me, when he was closer to me, I saw that he was very tall probably 6 ½ feet. He had long hair on his head and his beard was also very long and it was a mix of black and grey hair. The great man was looking very bright, which made it clear that he was a *yogi* of a

very high state. When the great man came closer to me, he said, "Look she took your container." I got surprised to hear this thinking who took my container. Then I saw that the container I was going to take to my *guru*, a woman had taken it away. I quickly followed the woman. She had gone only a little further; then, she sat down with the bowl in her hand. I stood in front of her and said, "This is my bowl." But that woman did not say anything. She just smiled and drank something from the bowl. I felt that I was taking this for my *guru*, but now this woman drank it. I then said, "Return my bowl with the thing that you just drank." The woman only smiled and said nothing. Now I looked carefully at her, she was very beautiful and the light was emerging from her body and she was also sitting in bright light. I was also standing in front of her in the light. I again said to her, "I want that bowl with the liquid in it." Then I heard a voice from the space, "You will get another one in its place." But that woman was still smiling at me. The meditative vision ended.

Meaning: Spiritual seekers, that woman was the *Kundalini Shakti* who had taken the bowl away, but I don't know what was inside the bowl. It had pure energy, which *Kundalini* herself drank it. I will get it back in the future. The great man in this meditative vision was my father from two prior births.

Vision from Two Births Ago

I saw the great man in this meditative vision who I have described in the earlier meditative vision also. He had the same height, muscular body, and the same black and grey hair on head and beard. There was a platform like a place under a tree where he was sitting on a mat. He had a thick book of Sanskrit in his hands. There was a young man of 20-22 years sitting in front of him below the platform.

He was also tall like the great man with a well-built body. He was fair complexioned and wearing only a *dhoti*. He had a light beard on his face. This person was very handsome and attractive and he was also holding a book in his hands. The great man was teaching him something in Sanskrit. It seemed like he was teaching him the recitation of *Vedic mantras*. That person was also reciting the *mantras* quickly.

Meaning: Spiritual seekers! This meditative vision was from my two previous births. That young man was me, and the great man who was teaching was my father. He was also my *guru*. My father was a great *yogi*. In the current times, he is absorbed in *samadhi* in the *Taploka*. Once I had the opportunity to talk to my father, we talked for long. This happened in December 1995. I know about many of my previous births which I will describe a little later.

Kundalini Shakti

This meditative vision is on January 18. I saw six stair-like water reservoirs, like the steps made in the mountains. If you see these reservoirs from a distance and standing in the space, these reservoirs looked like they are consecutively getting higher like in steps. One reservoir was a little ahead and higher than the other. I counted to find there were six reservoirs. The water in the sixth reservoir looked very clean and clear, and water came in a fast flow into it. Then the water flowed out from the other end into the fifth reservoir. Again, the water flowed from the fifth reservoir to the fourth. Similarly, the water reached the first reservoir. The water in the first reservoir did not keep increasing, but it vanished and the water level would remain the same. So, the water appeared above the sixth reservoir, flowed down to the first one and then merged into it.

No source could be seen at the point where water was emerging, but it looked like water was appearing by itself from space. I was standing at the point of emergence of water and looking at these reservoirs. Then I see a snake in the water; it is not like normal snakes. It looked bright and shiny red like heated gold. It seemed as if it was made of fire. The snake had a long body, its tail was in the first reservoir, and its mouth was in the sixth reservoir. Its body was present in all the reservoirs from bottom to top. The snake tried to reach the source of water and slipped back; then, a voice came automatically out of my mouth- this snake is not like normal snakes; this is *Kundalini Shakti* which is arisen after a lot of *sadhana*. After some time, the water became still and the snake reached the emerging point of water and sat there by coiling itself. Its face was held up, it was looking at me and I was looking at it. Then the meditative vision ended.

Meaning: I had this meditative vision for the first time when I had seen *Kundalini* in the form of red-hot gold, sitting coiled over water, and looking at me. The important point is that it was sitting coiled at the source of water above the sixth reservoir, and the water had stopped flowing. When I narrated this meditative vision to *Shri Mataji*, she explained the meaning of it, but I was not satisfied with the explanation. The meaning explained by her did not match with my *yoga* practice because I understood my situation very well. These six reservoirs were the six chakras of my body. The source of water above it is the *Brahmarandhra* situated in my body. The *Kundalini Shakti* sat down in the source area, *Kundalini* did not go inside *Brahmarandhra*, but opened the door to the *Brahmarandhra* and stood there. Then according to the *sadhana* of the spiritual seeker, in few or more days, the *Kundalini* goes to the brow chakra through the *Brahmarandhra* door. From brow chakra, it goes down to the heart, making its way by cutting through the palate. Then it burns the *karma* situated in the heart and absorbs some *vayu* present in the heart.

In this state, the *Kundalini* becomes very long. It goes from root chakra to *Brahmarandhra*, from *Brahmarandhra* to brow chakra and then to the heart by cutting into the palate. The *Kundalini* reaches the length which is almost equal to the physical height of the person. After the meditation is over the *Kundalini* goes back from the heart to root chakra and coils around the *Shiv-ling* in the chakra. When *Kundalini* becomes stable due to practice, then it does not go back to the root chakra. It discards its fire form and transforms into air form and pervades in the entire body. This is called the complete journey of *Kundalini* or the *Kundalini* becoming stable. Since the spiritual seeker has developed his subtle body related to fire now, he has to develop his subtle body related to the air element.

Spiritual seekers, in this meditative vision, I saw the *Kundalini* becoming stable. My *Kundalini* became stable very quickly. This was the result of the rigorous practice in my previous births and the sacrifice and rigorous practice in this birth. I know that for some spiritual seekers, it takes their whole life, but the *Kundalini* does not get stable. After the opening of *Brahmarandhra*, even *Shri Mataji* had to practice for years to stabilize her *Kundalini*. I had seen this through my divine vision.

The spiritual seekers who have very aggressive *Kundalini* are able to stabilize their *Kundalini* faster. Those having a moderate *Kundalini* take years to stabilize it. The spiritual seekers with quiet and calm *Kundalini* surely take many years to stabilize the *Kundalini*. Sometimes it doesn't stabilize in one birth. I know many such spiritual seekers whose *Kundalini* has raised 20 years ago, but they are not able to open the throat chakra. I don't know when the *Kundalini* of these spiritual seekers will complete its journey and get *stable*. First, these spiritual seekers do less *sadhana*; therefore, it takes a long time, so nothing can be said when their *Kundalini* will stabilize. Second, if we look at the previous births and compare the *sadhana* in the current birth, then some estimation of time can be done.

God

This meditative vision came on January 27th. This information was given automatically during meditation. The mind gets pure by doing idol worship, and it helps in getting focused. Is God sitting only inside the idol? God is everywhere, in all living beings as well as in all inert things. God is the *saguna* (with attributes) form of *Brahman*. The whole cosmos is inside *Brahman*; similarly, the cosmos is also inside God. The body of God is part of *Para-Prakriti*, but God is beyond *Prakriti* because *Prakriti* is still inert. The body of God is called the grand causal body. Even the *Tattva Gyani yogis* after leaving their physical body get stable in the grand causal world (*Para-Prakriti*). A *yogi* even though he practices *sadhana* a lot can never become God because God is unborn. *Prakriti* cannot affect God; therefore, God is the best. He is everywhere and pervasive. The trifold nature of God stays in the equilibrium; therefore, the expanse of God is unlimited. If we are looking for God only in the idols, then our thoughts are constricted. The sculptor has made the idol from a stone; if we see God in the idol, then why we cannot see God in the mountains, rivers, plants and trees, birds and animals and human beings. But the truth is that God is immensely subtle; therefore, he is present in every particle. See God in all forms and everywhere. But in the initial stages, I will definitely tell a spiritual seeker to do idol worship. This comes under path of devotion. This path makes *Antahkarana* (the conscience) clean and nature or behaviour becomes simple. Our scriptures tell us about idol worship.

Guru

This meditative vision also came after the experience mentioned above. *Guru* is such a person who knows the laws of nature, stays within the boundary of those laws, and then shows the right path to his disciples. Just understand that God cannot come physically in front of you, so he makes *guru* a medium gets all his work done through the *guru* and himself being invisible. Therefore, some *yogis* and poets have given the *guru* a position higher than God, but only God is supreme. The laws of nature bind a *guru* due to his *karma* but being guided by a *guru*, a disciple gets in contact with God and attains salvation. Therefore, *guru* is superior. When a person's *karma* motivates him towards God, then he gets a *guru* according to his *karma*. Then *guru* gives his *chaitanyamai* (conscious) energized power to the disciple by doing initiation. That energized power is absorbed in the body of the disciple and works as a guide. The disciple puts away the darkness in the form of ignorance and moves into the light of knowledge. The disciple's *karma* and the *guru*'s guidance both have an important role in achieving this.

The World Appeared to be Destroyed

This meditative vision came on January 28th in the morning. During my meditation, I saw that I am standing in a lonely place, and the place is bright with light. Then I saw that at a small distance from me there is a small but dirty river flowing. A man is going across the river. I thought where is this person going on the other side? It is only full of light there. I also thought of going and see how the river is. Considering this, I started to walk. I reached the river and stood there. As soon as

I decided to step into the river, the river dried up. The water in the river was not visible anymore; in its place, the sandy river bed was shining like silver. I started walking on that sand. At that time, I felt that there must be water over here, but why did the water dry up when I entered it. I decide to go to the source of the river. As soon as I resolved, I reached the source, the water had stopped coming out of the source and the land there had collapsed. Then I was surprised that why did the source of water dry up? I walked forward, and I started seeing high mountains. I was climbing those mountains very easily. As I was approaching the mountains, I was climbing them swiftly and moving forward. Lots of mountains came but I climbed them without stopping. Now on the mountain, I was climbing, I saw a woman. That woman started to walk with me and I could see that very clearly. The woman was laughing loudly, which made it clear that she was happy with my achievement. The meditative vision ended.

After a few minutes, I had another meditative vision. I have reached my home and Parents are there. I am standing naked in front of them, and my father is astonished to see me naked. He did not like my nakedness, whereas my mother did not react. I said to my father, "I am your son Anand Kumar, why are you surprised to see me in this state? "But he did not reply. I was standing in front of him devoid of all sins.

Meaning: The river is this physical world. The drying up of the river means that this world has ended for me. There will be no effect on this world on me. It is seen that I am not inclined towards this world. My relationship is with the casual world. The drying up of the source indicates that I have reached a very high state in my *yoga* practice. This vision depicts my salvation in a way. I kept on climbing the mountains means- I am overcoming all the obstacles in the path of my practice. The woman walking beside me is laughing- that woman is the *Kundalini Shakti*. In the second

meditative vision, I am standing naked in front of my parents; this means- all the impurities inside me have ended. I will achieve this state later.

Meeting with Seven Sages (*Saptarshis*)

During my meditation, I saw- I am climbing the snow-capped mountains with its peaks touching the sky. I can see nothing except white snow all around. I cannot even feel the air. After climbing a lot of mountains, I stood on top of the highest peak. That peak was touching the skies. Looking down from there, I could only see snow-capped peaks all around. It felt like I am standing in the sky. On the highest peak, there was a flat piece of land. I saw some great men there who had transparent bodies. I said *namaskar* to those great men, but they did not reply, only lifted their hands to bless me. After standing there for some time, all the great men and I sat down in a circle. I saw a young woman also sitting with me. The great men were seven in number. There was also a woman with great men. That woman looked like a great ascetic. All those great men were taller than normal people, had muscular bodies and grey hair and beard. The beard was reaching the navel, their hair was tied up in a bun and they had transparent clothes on their body. Their whole body looked illuminated as if after doing a lot of *sadhana*, they had become brilliant. On looking at the person sitting in front of me, I thought that he is *Vashishth ji*. Then I heard a voice saying, “*Yogi*, you are thinking right. He is the *manasputra* of *Brahma ji* and the woman sitting with him is his wife *Arundhati*. Now you must have understood who these great men are?” Then I also started looking carefully at those great men; they all were looking the same. All of them sat there in meditation posture. The woman sitting next to me asked me also to do meditation. It was very quiet there.

Sadhana is my main goal. I felt like keep on meditating there. Then we all started meditation; those great men said nothing, all was quiet.

Meaning: Spiritual seekers! These great men were the *saptarshis*. Since their body was transparent, I cannot write much about them. The young woman sitting beside me was the *Kundalini Shakti*. It was the scene of the cosmic world. In this meditative vision, I had gone to the *saptarshis*.

Dharma

I had this meditative vision on the 28th of January in the evening. When I was meditating, I heard a voice from the space, "What is *dharma*?" I remained quiet. What could I say? I did not know the definition of *dharma*. After some time, I heard a voice from inside myself, "*Dharma* teaches about humanity. All religions are the same, and the essence of all religions is one. The teachings of all religions are similar. When you see the followers of different religions and their practices, it does not look the same. But all the religions teach non-violence, charity, and love. The oldest religion is *sanatan dharma*."

The Enemy

This meditative vision came on the morning of January 28th. During meditation, I heard a voice coming from space, "Who is your greatest enemy?" I replied, "My senses are my greatest enemy." Senses are the reason for the downfall

of all human beings. If these senses become introvert, then the rise of a person is definite.

On January 29th, while in meditation, I came to know, "The universe has been created by itself. Before the creation, a great sound or *naad* was heard. With the blast of *naad* the Universe was created. You become the dominion. Now you know that this world is a mere delusion, your destination is way ahead, keep doing your meditation."

Yogbal and Karma

This meditative vision came on the morning of January 30th. I am sitting quietly in a room, a window in the room is open, and I am looking outside. I see an elephant passing by; it is walking leisurely. I thought that I would go out once the elephant is gone because I was afraid of elephants. Then suddenly, the elephant turned and started coming towards me. It came up to the window in the room and saw me. I was feeling scared in the room because the elephant had seen me. At that time, the elephant broke the window and spread its trunk towards me. On seeing this, I started running out of the room. Although the eyes of the elephant were very calm, there was no anger or evilness in his eyes. This elephant was much bigger than a normal elephant. I climbed the stairs and reached the roof of the room. I saw that the elephant is coming to the roof also. I was wondering, how did this huge animal come to the roof, it is not going to leaving me, so I jumped down and started running. I was running here and there to dodge the elephant. But I could not dodge him and he was coming after me comfortably. After some time, I sat down. After that, I did not see the elephant. I was sitting quietly, and suddenly I see that a cat is biting my

finger. I started having pain because the sharp teeth of the cat were like needles pricking on my finger. I tried to get free but the cat did not leave. She was holding my hand strongly. The cat got very angry with my effort of getting free and then I lifted my hand and threw down the cat. My hands got free from the cat's mouth but the cat was not disturbed at all. She caught my hand again and started biting with its sharp teeth. This caused a lot of pain for me. I was trying hard to throw down the cat in all directions but the cat was not getting disturbed at all. She was angry and I was not able to harm her in any way. Now I was more disturbed mentally and I jerked it very hard, then it fell off my hand. I started walking and I had gone only a little distance, then the cat came in front, blocked me and growled at me. I was very scared and in a pitiable situation. My meditative vision ended there.

Meaning: Spiritual seekers, the huge elephant is my yogic *Shakti*. I did not understand this meaning at that time; there, I got afraid. I saw it only as a huge elephant. The cat signified my remaining sufferings (painful *karma*). I will have to bear this suffering and undergo a lot of pain. This is the reason I could not defeat the cat. The elephants seen in meditative vision are of many types. Therefore, when deciphering the meaning, a practitioner should exercise his intelligence.

I got this information on the evening of January 31th that God is not responsible for the pains and pleasures of human beings. Instead, this is all a game of mind and churning of the senses. Pain and pleasure are received according to one's *karma*.

I received this information on 31st January also. While sitting during meditation, I made a resolve, "When will I complete my *sadhana*, or when will I attain perfection." At that moment, a voice came from the sky, "You will get perfection in a short time, keep practicing, but attaining perfection is very rare."

Giving Discourses

This meditative vision came today on 2nd February. I am sitting on a mat in someplace. Two people are sitting facing me and some people and women are seated in a semi-circle at a distance. The two men said something, and I got surprised and happy about hearing it. As all the people are spiritual, they had said something very intellectual. After a few moments, I also said, "The level of mind changes with the change in the state of *sadhana*." On hearing this, all the men and women present there looked at me. The two men sitting near me requested me, "Please sit on this side." The two men moved aside and made me sit on an honourable seat. All the people present there were looking at me. Then one person said, "Please tell me something about *yoga*." After some moments, I started telling all of them about *yoga*. Then my meditative vision ended.

This meditative vision is of February 2nd, during my meditation I saw, I have left my physical body and standing at a distance, my physical body is still sitting in the meditation posture. I see that a lizard is on my physical body and moving all around it. I can see very clearly that it stops for a moment, looks around, and then again starts moving around my body. I saw a woman standing near my body and she is trying to catch the lizard. I tell her, "Don't catch the lizard; it will leave me by itself." The woman stopped and instantly the lizard vanished.

After some time, three women appear near my physical body. These three women had appeared together and their clothing was different from each other. I immediately understood that these women are goddesses. They looked at my physical body sitting in meditation, did not say anything, just smiled and left. I could still see my physical body during meditation. At that moment, a voice came from the

sky, "These bangles will not fit his hands anymore." I was surprised to hear this and I started thinking, what is the connection of bangles with me. I held my mouth towards the sky and said, "I did not understand the meaning of bangles; what is this about bangles?" The voice from the sky said, "These bangles are the shackles." I understood that now nobody can tie me into the shackles of delusion.

Meaning: This time, the meditation was very nice. When I got up from meditation, I felt that I had meditated for only five minutes but when I saw the clock, it had been three hours. The awareness of time is lost in deep meditation. Spiritual seekers, the lizard signifies delusion. The woman who tried to catch the lizard is the *Kundalini Shakti*. The three women who appeared were the Goddesses, *Lakshmi ji*, *Parvati ji*, and *Saraswati ji*.

This meditative vision came during meditation on 3rd February at 11:30 AM. I saw a horse standing in front of me and the tail side of the horse is towards me. I was surprised to see that the size of the horse was similar to the size of a dog. I thought, "Why is this horse so small?" Then I got out of my meditation. I sat down, resolved and started to meditate again. I questioned the meaning of the meditative vision. I immediately got the answer. The horse symbolized the mind and the senses. When the senses become weak, or their effect is lessened, then it can be seen as a small horse. Then I remembered that earlier also I had seen a horse and a monk freed me from it. Now the horse itself had become smaller. I understood that this had happened because of my practice was getting better gradually.

This meditative vision came on the afternoon of February 4th. Since I was in deep meditation, I did not have a feeling of myself. Suddenly I had a great jerk in my head and jumped from my seat and my body stumbled to the left. Then I started gaining consciousness, and my meditation broke. I immediately could not

understand what had happened. I sat up straight and started to think of what had happened just now. Then I felt some pain in the upper part of my head. It felt like a broken nerve and it was like a fire in that spot. I was feeling the heat in my entire body. This time *prana-vayu* was pressing on the upper part of the hindbrain (*laghu mashtishka*). I started to think about why the opposite *kriya* happened this time. After some time, it felt like the nerves in the neck are snapping, and I can clearly hear the snapping sound. When my *sadhana* used to be in throat chakra, at that time also the nerves would break but this time it was not in the same place. This time I could hear the snapping at the back of the neck. The *Kundalini* when going back to the heart does not pass through the throat. Instead, it makes a path next to the throat chakra. Therefore, I heard the snapping at the back of the neck.

Meaning: Spiritual seekers! The sound of the snapping of nerves was not of actual breaking. The subtle nerves were opening up or getting active. At this time, sometimes there is stretching in the subtle nerves.

Bright Particles

I had this meditative vision in the morning of February 8th. I saw that my body is huge, and I am sitting and looking at my huge body. A bright blue light is spread everywhere. After a few moments, I see myself sitting very calmly. Very bright particles are coming out of my body and reaching far. It was like the sparklers from which bright light comes out. Similarly, very bright particles were emanating from my body. Then I thought, “Where are these particles going?” On the thought of this, I started seeing far and away. I saw that the bright particles were getting destroyed. Some bright particles went a little distance away and got absorbed in my

body. Some other particles went farther and converted into light and moved forward. Out of curiosity, I started looking at the particles which had converted into light. I wanted to know what was happening to them. Then I saw all these lights got weak after traveling some distance. All these lights would then disappear into a large water reservoir. I could not see the reservoir fully and the edge of the reservoir was not visible to me. I moved my glance away from the reservoir and started looking at myself. Those bright particles were still coming out of my body. Once again, I looked forward and saw the earlier view- those light particles changed their forms and got submerged into the water reservoir. At that moment, I had the capability of seeing very far away. I saw all this in a faint blue light.

Meaning: Spiritual seekers! This meditative vision of mine was of the highest state. Those bright particles that we're converting into the light were representatives of the various individual souls. The reservoir signifies the Universe; therefore, I could not see it fully. The bright particles coming out of my body looked like I am the *Brahman* because the individual souls appear like this only. I was shown my own form through my *vrittis*. After the universal destruction, the individual souls again appear out of the *Apra-Prakriti* and move forward to take birth. These are those individual souls who have established in *Apra-Prakriti* at the time of annihilation.

I got this information on the evening of February 8th. Some questions and answers took place during meditation. I asked, "Who said, I am?" Since *Brahman* is sinless (*avikari*), how can he say I am *Brahman*? Answer, "I am *Brahman*" comes out by itself. Ego directs on behalf of *Brahman*. I asked, "If it comes out itself, then who makes this action happen?" There is always somebody to do the work. There is nobody except *Brahman*. If *Brahman* does all actions, then how is he the non-doer? **Answer-** *Brahman* is the beginning of all materials and actions. Even after being the basis of all things, he is sinless and he is called the non-doer. I did not understand if

he does every action then how is he the non-doer? **Answer-** The lotus even after being in the sludge is not affected by it.

I asked again after some time- What is the meaning of the meditative vision that I have written? Answer, "The answer is in only what you know." Question, "Should I take my meditative vision as, correct?" Answer, "Sure" Question, "Have I perfected my *yoga*?" Answer, "No" Question- The meaning of this meditative vision gives the impression of the perfection of *yoga*. Answer, "The completion you are talking about is hard to attain." This conversation happened during meditation, so I do not remember everything. I have written down whatever I remembered.

Self-Realization

This meditative vision came on February 9th. These days during meditation, I go into *Nirvikalpa Samadhi*. This time again, I went into infinite depth during meditation. I saw a glow in the form of a flame in my heart. I started watching it. The light from the flame was spreading all around. It was much bigger and brighter than a normal flame. After some time, I started feeling myself. I was coming out of meditation; then I thought, "For the first time I have seen such a glow in my heart. What is the meaning of this?" Making this resolution, I started to meditate again. Once again, I started seeing the glow in my heart. There is a small niche in the heart where this glow is burning like a flame. The flame is very still, and light pervades there. I am happy to see it. I did not get the answer to my resolution. Instead, I got the meditative vision again.

Meaning: After meditation, I started to think- This was a realization of the soul. This means I had self-realization. I was thinking for a long time about the situation of my *Kundalini*. Even after trying hard, I could not see my *Kundalini* and I could not feel it going upward. I could not understand why this was happening. I remember when in meditation the *Kundalini* would move upwards, I could feel it but now I have no feeling of it; no matter how much internal *Kumbhak* I do, my body would still be warm. Spiritual seekers! My *Kundalini* is now stabilized. It has left its form of fire element and merged into the form of the air element. After *Kundalini* stabilization, the spiritual seeker has self- realization in the form of glow in the heart.

According to most of the *yoga* guides, this is the form of the soul, and this is self-realization. Many devotees also say that one should meditate on the flame burning in the heart. I know many practitioners who think that this is perfection. They say that they had a realization of their soul. But I should tell you that this is not the form of the soul but this is a very powerful and pure *vritti* of *chitta* which has taken the form of a flame. At that time, other smaller *vrittis* help this *vritti*. Due to ignorance, the practitioner makes the mistake of thinking this *vritti* as the soul. The expansiveness and the subtlety of the soul are way bigger than *chitta*. How can it be seen inside the *chitta* in this form? In ignorance, the soul appears like *chitta* and in the state of knowledge, the *chitta* becomes like a soul. Spiritual seekers always remember that the soul cannot be seen. Nobody can see the soul. You have to get situated in the soul which is called *aatm-sthiti*.

Going to *Shiv-loka*

In my meditative state, I am going on a difficult path. The road is not good; therefore, I am having difficulty walking on it. On the left side of the road, there is a big wall or mountain type of place, and on the right is a deep valley. In the valley, there are large pits filled with dirty water. This road has been made by cutting the wall on the left and the road is very narrow. The width of the road is about six inches and the left part of my body is touching the wall. I am walking very slowly and carefully being scared that if I bend a little to the right, I may fall down in the valley. Then it would be impossible to come out. I will break my bone after falling down. I am moving forward slowly and carefully. In some places, the road is broken for a meter or two. Then I have to jump carefully to go ahead. Even though the road is all broken, light is abundant. As I was going forward, I felt that someone is coming behind me. I looked back and saw an elephant coming comfortably. A *mahavat* (elephant driver) was also sitting on the elephant. I was very surprised and started to think that when it is so difficult for me to walk on this narrow path how is this huge elephant able to walk so comfortably. I began to have some fear of the elephant so I started moving faster so that the elephant does not come close to me.

At that time, I saw a large beautiful door. I entered the door and found myself in a bright and beautiful place. There was a faint blue light everywhere, and it was very quiet. I did not see anybody there, and I was alone. On reaching there, I was feeling very happy and started to roam around. At that time, I was able to see very far away. I saw a banyan tree and moved in that direction. When I reached the banyan tree, I felt that the place had just been cleaned. Then, in the front, I saw a huge *Shiv-ling* and next to the *Shiv-ling*, there was the sculpture of Nandi too. The banyan tree looked thousands of years old. Its branches were very long. I estimated that the

length of these branches must be 2-3 kilometres. Roots had come out of the branches and went inside the earth and formed trunks. This way hundreds of trunks had formed. I started roaming around between the trunks. Then I realized that this banyan tree does not seem to be normal as I could not see the end of it. The more I moved forward the deeper it would get. Now it was impossible to know how far these branches and trunks were spread. Then I relaxed and sat down under a trunk. I could not even feel the air blowing. Then a thought came- This is a very good place for meditation. If I take *samadhi* here, then I will be able to remain in that state for a very long time. Then I hear a voice, "I have been sent and asked to give my son a ride on the elephant." I looked into the direction from where the voice had come, thinking when nobody is here, how do I hear voices. Who is talking to each other? On having the desire to know who is talking, I started seeing up to greater distance while standing there. Very far down below, I saw a large door and a man standing on the door. A woman was talking to that man. The man said, "Where is he?" The woman replied, "He is here somewhere." Then they both became quiet and looked towards me. They were very far from me and probably could not see me as I was standing between the trunks of the banyan tree. Then a thought came to me, "Who has sent this woman?" A voice came, "Son, *dharma* has sent her." Then I thought that only I am standing here then who is she calling son. The voice said again, "She is calling you." I thought that *dharma* is calling me son. The voice replied, "Yes." I asked if *dharma* is calling me son, then why is he not visible to me. A voice from the sky came, "Since you are not completely truthful, therefore you cannot see him. It is very difficult to see *dharma*." Then I said to myself, "This is the *Eirawat* (name of an elephant) of *Indra* (king of gods). Why should I sit on it? Only *Indra* has the right to sit on it and I will not sit on it. Not to speak of sitting on it, I will not even go to his city. You want to make me luxurious by making me sit on the elephant. I don't want this luxury; my place is not in the heavens; I belong to the place where I am standing."

After a few moments, I prayed to God, "God give me this place, I will meditate here, I don't want anything else, there is no other place more beautiful than this, and there is not even a sound of the wind." Then a voice came from the sky- *yogi!* Don't you know, to meditate in this place *yogis* have to reach the highest state of *yoga*. Then with the blessing of Lord *Shiv*, this place is achieved. Attaining the highest state is not enough. You have to please Lord *Shiv* too. Would you be able to do that? I said, "I am not scared of hard *sadhana*. I am not that type of *yogi* who gets perturbed on seeing difficulties. To please Lord *Shiv*, I will do very rigorous *sadhana*. The voice from the sky said, "Then go and do your *sadhana*. Endure all your *karmas* and then destroy them. While destroying your *karmas*, you will face great misery." Then I said, "I am ready for all this." Then I did not hear anything from the sky. I was holding the trunk of the banyan tree and looking at the blue light. The meditative vision ended.

Meaning: Spiritual seekers! In my meditative vision, when I was walking, then an elephant was following me. That was my *yogbal*. The road is very narrow and broken- Now it will be more difficult to go on the path of *yoga*. Valley on the right- I will have to be very careful in the future; otherwise, I can get into trouble. It was the door to the *Shivloka*; I had reached the *Shivloka*. The banyan tree was so huge that even my divine vision could not see it entirely. That banyan tree was divine as I had heard the voice here. I had seen a door deep down in the valley where a man and a woman were talking about me, that was the door to heaven. Riding the *Eirawat* means- Full of wealth and fame, but I did not want these two. Most of the *yogis* experience that they have reached Heaven, where they were welcomed and taken around. Such *yogis* get some fame and wealth on the earth, but I had never seen heaven. Therefore, I cannot describe heaven.

Instead of seeing heaven, I had asked for a place to meditate under the banyan tree. It is clear from this that I will be meditating until the end of my life. My days will be spent in poverty as I have to destroy remaining *karmas* to become devoid of them. My journey to the *Shivloka* was successful. The elephant I see in my meditative vision is my *yogbal*. But there can be another meaning to it also, which means *karma*. When one sees a beautiful white elephant, it means *Yogbal*, and sometimes it is very “lucky” and gives fame. But when one sees a black elephant, it means *Tamoguni karma* related to ignorance and darkness.

Visions of *Shri Mataji* Stopped

This vision had come on 3rd or 4th February, although I had not written it at that time. I saw that I am sitting in a very bright place. I felt like I am sitting on the horizon under the sky. *Shri Mataji* and a Brahmin man in white clothes are sitting in front of me. A plate full of food is kept there. All three of us started to eat together. *Shri Mataji* kept laughing while looking at me. She was pleased with me. It was very surprising to see myself eating with *Shri Mataji* because, in the physical form, this had never happened that we ate together from a plate. The Brahmin was very quiet. My meditative vision ended.

After this meditative vision, I completely stopped having visions of *Shri Mataji*, because later on 9th February, I had the meditative vision of the flame in my heart. After this meditative vision, stability had increased in my heart. Now the practitioner has fewer meditative visions. *Shri Mataji* and I are one now, so who will envision whom? White clothed Brahmin indicates that my spiritual form has become like this.

Terrible Heat

These days my body heat increases so much that it became hard to bear. It is the month of February, and the weather is slightly cold; still, I am feeling terrible heat in my body. I can see nothing except the fire in my back, navel, and heart. To bear the heat, I would put a wide damp cloth on my back and lie down on my belly. I would stay in this state for 4-5 hours and even meditate in that state. At that time, a spiritual devotee from Jalgaon was staying with me. I would get a lot of help from him in putting a wet cloth on my back. The damp cloth would lower the temperature of the skin, but I still had to bear the heat inside the body. There was no way to get rid of it. *Shri Mataji* told me, "You don't eat food made by others. You cook your food yourself and eat. Stay secluded and don't talk much to others. You need a lot of purity, right?"

I am *Brahman*

I had a vision- Faint blue light is spread all around, and I am standing in that light. A voice is coming out of my mouth, "I am," "Only I am," "It is me," "I am *Brahman*," I was saying these words, and the voice was so loud that the whole sky was echoing. I was repeating these words standing in the blue light. At the moment, a loud sound of *Om* came from the sky. It seemed that the sky would burst due to the loudness of the *Om* sound. On this side, I was also making the sound, "I am the *Brahman*." The sky was echoing my voice. Then I got out of meditation. The voice was coming from my physical body, too, "I am *Brahman*." My physical body was getting warm due to the heat.

Meaning: Spiritual seekers! You must be thinking that I was saying “I am the *Brahman*” while in meditation. When a *yogi* reaches the highest state of *samadhi*, then he realizes Self. These words, “I am the *Brahman*” come out due to the ego. Since the whole universe is created out of ego, this ego is the *vritti* of the *chitta*. This *vritti* (of ego) gives direction on behalf of *Brahman*. This *vritti* is very pure, virtuous, and pervasive.

Removed Obstacle

A female spiritual seeker of Jalgaon had this obstacle. In June 1989, I had the opportunity of staying with this female spiritual seeker at the home of *Shri Mataji* in Miraj. During that time, I had become very close to her. I understood that she had some obstacles. In October 1992, I had been to Jalgaon with *Shri Mataji* and stayed in the home of that female spiritual seeker. There I had seen the obstacle. Due to this obstacle, her *sadhana* was halted, and she was doing weird *kriyas* in her meditation. I understood that this is not *sadhana* but some obstacles. It was morning time, and the female spiritual seeker was sitting in meditation. I also encouraged my divine vision and sat down behind her. Then I saw the obstacle; it was an evil entity. I uttered with anger “discourteous!”. It was not affected by my utterance. This behaviour caused me anger, but I did not say anything. Later I told this to the female spiritual seeker. After some time, I went to *Shri Mataji*, who was staying with her son. I told *Shri Mataji* that this woman spiritual seeker has some obstacles (evil entity). *Shri Mataji* said that “Yes, she has an evil entity.” Then I went home to Kanpur and returned to Miraj. Some spiritual seekers from Jalgaon had come to the

ashram in Miraj on the occasion of *Shivratri*. To experiment, I decided to remove the evil entity, thinking that this would add to my experience.

All the spiritual seekers from Jalgaon were staying in the *ashram*. On 15th February at 4 AM, I asked that female spiritual seeker to sit in front of me; all other spiritual seekers were also sitting there in meditation. In my meditative state, I saw that an evil entity was present inside the female spiritual seeker. I asked the evil entity, "Please leave her and go away." Then I prayed to God, "God, this spiritual seeker's *sadhana* is obstructed due to an evil entity, please do something. Her *karma* also should burn away to a certain extent gradually." After resolving, I applied *shaktipat* on the female spiritual seeker, I sat down calmly and started seeing the disturbance going on inside her through my divine vision. I noticed that the evil entity was not ready to leave the female spiritual seeker. Then I got a little angry, this time, I used greater *shaktipat* on the female spiritual seeker. There was vigorous shivering in the body of the evil entity, and it got ready to leave the spiritual seeker's body. I was still glaring at it. That evil entity pleaded with folded hands, "*Yogi ji*, I am leaving." I said, "Don't ever look back at this female spiritual seeker, or I will make you miserable. The evil entity said, "Forgive me, I will never come back."

After eliminating this obstacle, I went into deep meditation. After coming out of meditation, I went around doing work in the *ashram*. I did not say anything to the female spiritual seeker about what I had done with her. In the evening, that spiritual seeker asked me, "Brother, what did you do in the morning?" I said, "Nothing." She said, "You removed my obstacle, and you say that you did nothing." I asked her- how did she come to know that I had removed her obstacle? She narrated to me her meditative vision, "When you applied *shaktipat* on me, I saw a woman, she had an ugly face and was standing with folded hands, she said to me, "I am leaving now, forgive me, I will never come back." The woman left after saying that.

Then I heard a voice from inside, “Your *Karmas* will exhaust slowly up to a certain amount. A few moments later, I saw a glow.”

I told *Shri Mataji* everything about the obstacle. Then she explained to me, “you should make a shield for yourself before doing any such work because these entities can attack you. You have to satisfy these entities before sending them away as sometimes they even ask for food etc.” *Shri Mataji* had explained to me that I should not remove the obstacle like this. I have done many experiments in my life, and I have also fought with big *tamoguni* entities. But I have never made a shield for myself because I am never short of my *yogbal*. These obstacles (*tamoguni* entities) run away on seeing my aura. I can also fight with the *tamoguni* entities of *Bhuvarloka*. I can even merge them in the original source. I have a special power; therefore, I am not afraid of these forces.

Lord Jesus, Lord *Krishna*, and *Shri Mataji*

This meditative vision came on 1st March. I was lying down at 11 PM at night, my eyes had closed on my own. I saw a long streak of golden light shining in the sky like lightning in the clouds during rain. As the long streak of light flashed, it immediately exploded, and the whole sky was lit up. In that bright lighted sky, I saw a post of light. I saw Lord Jesus in that column whose body was made of bright light. I immediately said, “You are Lord Jesus,” On hearing this, he smiled and blessed me. I greeted him with folded hands. Lord Jesus did not say anything and disappeared. I always had warm feelings towards Lord Jesus since my student life. I have studied the Bible and I like Lord Jesus a lot.

A few moments after the disappearance of Lord Jesus, I saw Lord *Krishna* on that post. Lord was in his youth form, and his body was made of bright light. I said, "Lord, it is you," he kept smiling, and then my eyes opened. I was not sleeping; only my eyes were closed. I was thinking about Lord Jesus and Lord *Krishna* when my eyes closed again. I saw *Shri Mataji*'s transparent body. Then a voice came from the sky, "This is the subtle body of your *guru*." In that subtle body, I could see the *chakras* and the *Kundalini*. The *Kundalini* was from the root *chakra* to the *Brahmarandhra* and from there to the heart. Then my eyes opened, and I sat down.

Spiritual seekers! I saw all this through my divine vision. Then I sat down to meditate for a while. Then I saw the inside of the *Brahmarandhra*; its outer layer was very shiny as if it was made of glass. Then I heard this voice saying, "This is the top portion of the *Brahmarandhra*." When leaving the physical body, the *yogis* exit their subtle bodies through this route. This vision had come in two separate meditative visions.

Not a Brahmin

This meditative vision came on March 12th at 11 AM. I saw during my meditation that I am sitting in a lighted place. A thick scripture is kept in front of me, and I am reading it. I don't know what I was reading. While reading the scripture, my finger stopped on one line. Then I read it aloud, "A Brahmin who does not rely on truth is not worthy of being called a Brahmin. One who has the realization of the Brahman is a Brahmin." On reading this, my hands stopped there, and I could not say anything, and I started feeling the sensation of myself.

Shri Mataji

This meditative vision came during yogic sleep on March 15th. I am going alone somewhere. Golden light is spread everywhere. After some time, I felt that something is on my left side; I glanced on that side and was surprised. There was a wall of water several feet high that had no base. It was surprising that the water was not moving when there should be some base to keep the water standstill like a wall. This immeasurable water was still as ice. The water was clean and transparent. I went a little forward and stopped. Due to some movement, small waves were rising on the surface of the water, and I saw a large fish swimming in the water. As soon as I saw the fish, I thought why this fish is here in this clean and clear water. The fish came towards me and started looking at me. The fish was very beautiful, and its body was shining like silver. When I was looking at the fish, a thought came through to my mind, “If I want, I can catch this fish.” I went up a little from my place towards the fish. As soon as I moved my hand to catch the fish, my hand started to elongate. I was going to catch the fish when I heard a voice saying “no” I turned around into the direction of the voice and see that *Shri Mataji* is standing in knee-deep water. She was smiling and looking at me.

I immediately understood that it was *Shri Mataji*'s voice. *Shri Mataji* said to me, “Don't catch the fish, leave it in the water.” I was surprised to hear *Shri Mataji*'s words. I thought that she should not have said this to me. I was sadly looking at *Shri Mataji*. Then I looked at the fish. The fish was also looking at me as if saying that just look at me, but don't ever try to catch me. After a few moments, the fish started to jump around in the water. Sadly, I moved forward thinking what a pity it is that there is a fish in such a clean place.

Meaning: Spiritual seekers! I am not writing the meaning of this meditative vision because if I write, then you will know about *Shri Mataji* and me. You can make out any meaning if you want, I have no objection to it. But I will say that I was unhappy to know about *Shri Mataji*.

A Triple Eyed Woman

This meditative vision came to me in yogic sleep. I felt that I have fallen down through a narrow hole. I felt that I have fallen on a slope. I was trying to get hold of the ground, but I was not successful in doing so. I kept slipping down. After some time, I managed to stand up, and I saw that I am standing at the edge of the river, and its water is very dirty. Some men and women were standing at a distance from me. Some men and women would fall into the river and disappear while some others were standing at the edge and looking into the river, very carefully. They all seemed very scared. After some time, they all fell into the river and disappeared.

In the same way, people were falling from the sky, slipping into the river and disappearing. Then a thought came to my mind, why are these people falling into the river? Immediately a voice came from the sky, "The people who have fallen into the river have come to take birth in this earthly world. Those who are standing will also take birth after some time." Now I understood that this river is our physical world of death (*Mrityuloka*). I said to myself, "I do not want to go into this world; I will return the way I have come." Then I saw towards the hole from where I had come. I could see bright light above the hole. Some light was coming through the hole and falling on me. I was thinking about how to go up through this narrow hole. At that very moment, I started going up, and my body fit through that narrow hole. I was

surprised as to how my body was going up the hole without any pain. After passing through the hole, I reached a new place.

On reaching the new place, I saw that bright golden light was spread there. At that time, my vision was very distant. A little distance away from me, a woman was sitting in that bright light. That woman was very beautiful. She was wearing a red *sari*, and she had beautiful long hair. That woman's beauty was beyond description. That woman was looking at me without any expression. I was surprised to see that beautiful, impressive woman sitting alone and looking at me. Then I noticed that the woman had three eyes, and her third eye was open, that eye was very beautiful. I went closer to that woman and looked at her without any expressions. I held that woman's face in my hands, but as soon as I touched her, the third eye disappeared. I asked the woman, why did her third eye disappear? She did not reply and just kept looking at me expressionlessly. Then I felt that I like her touch. Her cheeks were very soft, unlike any normal woman. As soon as this thought came to my mind, the woman said, "Son! I am your mother." On hearing this, I felt ashamed and let go of her face from my hands. My head was down in shame. I thought, how did I get this dirty feeling towards my mother? Nothing can be worse than this. Then I looked at that woman and saw that lots of women were coming out of her body. All these women had three eyes. A voice came from the sky- 'All the women in this world are your mothers.'" My meditative vision ended.

Meaning: I got up from my sleep and sat down to think- Why did I get a dirty feeling? Soon I came to understand that on *Shivratri*, I ate food prepared by others; that is why I got such a feeling. *Shri Mataji* had already told me that I should cook food myself and stay away from others. I need extreme purity. I came up through the hole that I went down. Other people were falling down from the sky. That three-eyed woman was the *Kundalini Shakti*. I was shown in my meditative vision how at

the time of birth, people fall from the sky and disappear in the river signifying the world. A person forgets himself after coming into this world.

After some days, I saw during my meditation that Mother *Kundalini Shakti* is sitting in a red *sari*, she is looking at me. There is a fire behind her.

I had this vision in my heart, probably because the *Kundalini* was now stabilized in the heart. Slowly my *karmas* were burning, and I saw the burning of fire behind her. Now I get most of the meditative visions in my heart.

Shri Mataji's Desire

I saw-that *Shri Mataji* is coming, and a lion is coming along with her. *Shri Mataji* has something in her hands. She gives that to the lion, and the lion eats it. Then *Shri Mataji* stops at a place and offers a lot of that thing to the lion. The lion starts eating it, and *Shri Mataji* stands there watching the lion.

Meaning: A thought came to me- *Shri Mataji* should give nothing to the lion because the lion is a symbol of mind and anger. I was saddened as to why *Shri Mataji* was doing this. She should be alert in the future, or downfall is inevitable.

Riding a Donkey

In April, I saw during my meditation that I am riding a donkey, and the donkey is taking me somewhere with high speed. Both of my legs are hanging on the left

side. The donkey is running very fast and also licking my feet at the same time. I was thinking why this donkey is licking my feet? But the donkey continued with this activity. The donkey was running at high speed. I said, "Walk slowly, or you will fall down." It said, "No, I will not fall." The meditative vision ended.

I narrated my meditative vision to *Shri Mataji* then she said, "You have lost your mind because the donkey is the symbol of foolishness. *Shri Mataji* has taken out a very nice meaning, but why can she not see that the donkey was running and licking my feet. I am riding success, and success is licking my feet, and I will go to someplace in the future. Because I am reaching there on a donkey, I will succeed fast. People call the donkey foolish, but the truth is that the donkey is the smartest and the most tolerant animal. Being simple does not mean being foolish. Now my future will decide what will happen. Another meaning is that I will have some difficulties in the future. The donkey also signifies problems and troubles. I am riding problems, and problems are licking my feet. Hence, I will have problems in the future, but it will not affect me. I will ride the problems and move ahead on my path at high speed.

Leave this Place

It has been about 1 ½ month since I have been hearing a voice from my conscience asking me to leave this place for some time. At first, I did not pay attention to this voice, thinking that it is some thought lying deep inside me; hence I hear it. But when I started hearing this voice again and again during my meditation, then I got worried. There must be a reason for hearing this voice. Then I resolved and asked, "Is this turbulence inside me or a direction given to me?"

The answer was: “Are all the words heard during meditation are bothersome?” I was surprised to get a question instead of an answer. Then I heard my conscience saying, "You should leave this place for some time." After completing my meditation, I started thinking, why do I hear these words, again and again, to go somewhere for some reason. I was unable to decide, and while determining also, I would hear the same voice, “You have to go from here.” Then I started thinking, where should I go? Then again, the voice from my conscience said, "You have reached this state due to your meditation; still, you are afraid. Most will happen is that you will have to endure pain, but you cannot get anything without sacrifice and pain. The path of *yoga* is full of pains and problems; you will have to do rigorous *sadhana*." Now I got some confidence and thought that I would go away from this place for some time. Whenever I would sit in meditation, I would hear the same voice, "You have to leave this place in any situation." Then I resolved and sat down in meditation and asked, "For how many days do I have to leave this place?" I heard a voice from the sky, “You will have to leave for at least three years, and during this period, you will not contact anybody, not even *Shri Mataji*. I asked- Please tell me where I should go? The voice said, “North India.” I asked which place in northern India I should go. The voice said, “you can go to some *ashram* or travel, but don't go with the purpose of *sadhana* because your *sadhana* will not happen in the *ashram* as you won't get time for *sadhana* in the *ashram*.” I asked, Oh, lord! Where should I go, how will I arrange for boarding and lodging? The voice said, “You are not going voluntarily, you are being sent, and the sender will make all the arrangements. Who are you to worry about it? You have to do a lot of work in the future based on your *sadhana*.” I asked, "What work I would have to do in the future?" The voice said, “Don't try to know about it right now; you will see it in the future. But yes, you will have to endure a lot of physical and mental pain due to strict *sadhana*. Be always

ready for it. *Sadhana* cannot be accomplished without pain; the more pain you endure, the more successful you will be.”

For several days I kept thinking but could not understand anything. How should I find the place where I have to go? I resolved and sat down in meditation. I asked God to tell me where I have to go. The voice from the sky said, “I will surely help you. Do not worry. Your arrangement will be made through your father. But take care that you don’t talk too much even though you have to listen a lot without any reason.” I asked, “When should I leave?” The voice from the sky said, “You will leave towards the end of April. Now the state of *sadhana* you want to be in cannot be performed here.” I came to know about all these things in 1 ½ month.

I could not tell *Shri Mataji* that I wanted to leave because there was no strong reason to leave the *ashram*. I was getting stressed because *Shri Mataji* loved me a lot, and I could not gather the courage to say that I am leaving the *ashram*. I was noticing for some time that *Shri Mataji* did not care about my time or place of *sadhana*. Nowadays, people would come and stay in the *ashram*, which would cause a disturbance in my *sadhana*. I was seeing that I was being humiliated all the time, and there was no solution to it. Therefore, I was getting bored at the *ashram*. Since I have come to the *ashram*, I always have to hear from others for no reason that Anand Kumar does not work in the *ashram*. Many people had told me, but I would smile and ignore them as I had to do my *sadhana*. People would take advantage of my helplessness.

Nowadays, a boy from Jalgaon had come to stay in the *ashram*. He used to go every day to visit *Shri Mataji*. On 7th April, he told me, "I was scolded a lot today due to my bicycle. *Anna ji* was very angry and told me not to keep my cycle in Miraj but to keep it in the *ashram*. *Shri Mataji* said that these days Anand Kumar does

nothing. He refuses to do chores. She quoted me to Shekhar as per Kulkarni “Am I a servant”? “He did not get the cot repaired and refused to take the flower pots. That is why he has given the cycle to Nitin (the boy from Jalgaon) for his work.” After hearing all this, I thought, "Anand Kumar! Shame on you! You are staying in this *ashram* just for food.” *Shri Mataji* had falsely accused me. How could she lie after being a *yogi* and a *guru*? I immediately decided to leave the *ashram*. I wrote a letter to *Shri Mataji* and gave it to *Nitin*. *Nitin* took it to *Shri Mataji* and gave it to her. In reply, *Shri Mataji* wrote a note saying, “If you want to leave, you can go. I might have said something only in tension.” I again wrote a letter and sent it to *Shri Mataji* through *Nitin*. *Shri Mataji* gave a terse reply, “I have no desire for you to leave the *ashram*; you are leaving at your own will.” I got very angry at this reply, I am being humiliated and on top of that, she is saying that I am leaving at my own will.

At that time, I had no money for fare to reach my home. I also stopped because some people said that if you go now, what will other spiritual seekers think. *Shri Mataji* might have said something out of tension. *Shri Mataji* will be defamed, so stay in the *ashram* until the arrangement is made. If you leave suddenly, people will wonder why Anand Kumar left abruptly. I also thought that I should not leave abruptly. *Vaghmare ji* (disciple of *Shri Mataji*) had said this to me. Therefore, I stayed for another 15-20 days. I would go after *Akshay Tritiya* on 24th April. I thought, why should I fight and then leave, so I calmed down. Many spiritual seekers were asking me, “Why are you leaving the *ashram*?” I replied that I am going on my own. *Shri Mataji* was telling the spiritual seekers, “Anand Kumar will come back in 2-4 months. Something will happen to him at his home, and then he will come back again.”

When leaving Miraj (Maharashtra), *Shri Mataji* said, “Go and travel wherever you want for a few months, then come back because you cannot do your *sadhana* at

home.” I just nodded at what she said because she was my *guru*. Now I have to see after how many days I will be coming back to the *ashram*. My *sadhana* will not take place at my home, or some incident will take place or not; only my future will tell. *Shri Mataji* has always been thinking that I do not have a good relationship at home, and doing *sadhana* here is my helplessness. Therefore, *Shri Mataji*’s flatterers would always gossip. When I would complain to *Shri Mataji* about it, she would scold me instead and say, “Don’t know how jealous people have become that they come to complain. If somebody says something, can you not tolerate a little?” I would quietly come back.

I want to say something here, I was the one doing all the work in the *ashram*, like watering the trees, mowing the grass, watering the newly built slabs and walls, etc. Still, I did not understand what else *Shri Mataji* wanted me to do. She would always say that Anand Kumar did nothing, and she would say this to other spiritual seekers and not to me.

Shri Mataji could not believe the success of my *sadhana*. She had said to me many times, "Anand Kumar, success in *sadhana* does not come as fast as you think." Many times, she had questioned my state. I told *Shri Mataji* once that my *Kundalini* has turned from the *Brahmarandhra* and reached to the eyebrows (brow chakra). *Shri Mataji* got irritated at this and said, “It does not happen as you think, *Kundalini* does not rise so soon to the eyebrows (brow chakra).” Although during meditation, I would see my *Kundalini* on my brows (brow chakra). Once a boy named Sachin Patil was visiting the *ashram* from Jalgaon. He said to me, “Brother, you are always in delusion and exaggeration, our *sadhana*.” On inquiry, he told me that *Shri Mataji* had told him about it. She was saying, "Anand Kumar said that his *Kundalini* has turned around and come to the eyebrows (brow chakra), but this is not true. He just blabbers anything.” I was astonished to hear Sachin Patil’s words.

Shri Mataji once said, “Anand Kumar, it has been a long time since you came here; still, you talk in Hindi. You should speak Marathi, why have not learned Marathi yet?” I replied, “*Shri Mataji*, I don’t know how to speak Marathi, but I do read Marathi books.” *Shri Mataji* said, “If you want to stay here, you will have to learn Marathi.” I just kept listening to her as I could say nothing. I sadly came back to the *ashram* and started thinking why *Shri Mataji* has never said this to anybody else, then why did she say that to me. This was beyond my understanding. After that, I was asked several times to speak Marathi, and I kept listening.

Once, a follower of *Shri Mataji* came from Jalgaon. *Shri Mataji* asked him to stay with me in the *ashram*. He never used to meditate, so I was not on good terms with him. One day he said to me, Anand Kumar, talk to me in Marathi, not in Hindi, Hindi will not be spoken here.” He also told other spiritual seekers that *Shri Mataji* asked everybody not to talk in Hindi with Anand Kumar. Now I understood that it is difficult for me to stay here because now people are talking about languages. I did not speak to anybody in this regard and realized that I could not stay here for long. Nowadays, this spiritual seeker lives in Pune. I have spent a long time with him. He would trouble me in some way or the other. I told *Shri Mataji* about it, but she did not say anything. I had already decided to leave the *ashram* in a few coming days.

After the *Shivratri* festival, in the *ashram* itself, I asked *Shri Mataji*, “*Shri Mataji*, now what is your opinion about me? I want to know clearly. When I had come to the *ashram*, I had not asked you. At that time, your opinion was that I should stay in the *ashram* and gain perfection.” *Shri Mataji* said, “At that time, I wanted you to stay here and attain perfection. Now if you want, you can stay here. People here love you, and you can probably even stay after I am gone. Do as you desire. For doing *sadhana*, I will get your hut repaired so that you can do your *sadhana* there and also cook there. I will not be able to give you electricity there due to a fire hazard.

I also think that it would be good if your father could pay Rs.500 for the repair of the hut; I can put it on credit. You must be having trouble doing your *sadhana* because you don't have a quiet place to practice your *sadhana*.” *Shri Mataji* said again, “Some people told me that Anand Kumar was saying that he wants to go to Uttarkashi. I told them, “Anand Kumar can go happily. I pay you Rs. 300. I can pay Rs.100-200 more and keep a servant in the *ashram*. What difference will it make to me if you leave?” I was deeply hurt after hearing this. I did not say anything to *Shri Mataji*, but I understood what she wanted to say. I live in the *ashram* and for the repair of my hut money will be taken from my father. She knows well that I do not have a good relationship with my father. Earlier I used to hear during my meditation, “Anand Kumar, leave this place; people here always humiliate you.” This voice used to come from the sky.

When my *Kundalini* got stable, I did not feel any difference or any uniqueness in me. I felt normal. I wanted to test my internal strength so that I could know if I had any spiritual powers. For this, I also needed an able person so that he could also get benefit from it. I started thinking about how to test my strength. Then I thought that I should raise the *Kundalini* of a spiritual seeker. Then again, I thought that I would do this on a new spiritual seeker because anybody can raise the *Kundalini* of an advanced spiritual seeker. I wanted to raise the *Kundalini* of a new spiritual seeker who had not done any *sadhana*, and I did not want to cause any trouble in the process. I found two worthy persons for this experiment. Both of them were girls. I thought when I go home to Kanpur; then I will do this work. I thought one of the two girls to be more suitable for this purpose. Then I sat down in the night for meditation at the Miraj *ashram*. I contacted the subtle body of the girl. Then I asked her to sit for meditation for 15-20 minutes every day. The girl automatically started doing meditation. The girl was probably studying B.Tech at that time. This

experiment was important to me. I had not told anybody about it nor did I ask anybody how to contact the subtle body of the girl and direct her body to follow my directions. I asked my inner-voice, how do I contact the girl in Jalgaon? My inner-voice gave me an answer, and I did the same. The girl's subtle body followed what I said and started to sit on meditation. The distance between Miraj and Jalgaon is 700 kilometres. But in spirituality, physical distance does not matter.

I received a letter from my home. There was a wedding at home on 20th April, and I had been called. I had to leave Miraj on the 19th but since I had to stop at Jalgaon, I decide to leave on 17th. Since I was going home, I decided to meet Kavita Didi. On 15th April I went to Malegaon to meet Kavita Didi. I stayed there for 7 ½ hours and talked to her but still, our conversation would not end. Then Kavita Didi asked if I had received a letter from a woman spiritual seeker in Pune. I said, "No, I have not received anything." Didi said, "She had sent three letters for you at Miraj. They must be lying with somebody else and did not reach you. She has requested in those letters, "Please remove the pain I am suffering. *Shri Mataji* says that this is due to the *karmas* of previous birth. Will this end or not?" Didi again said, "If you are going home, then why don't you make a stop at Pune. She would be relieved if you meet her and you can raise her *Kundalini*. She is a very simple and straight forward person." I said to Didi that I will try and if possible, I will make a stop there. I did *namaskar* to Kavita Didi and left for Miraj.

In the evening, *Nitin* came back to the *ashram* from *Mataji*'s place because in the daytime, he used to stay there. I asked *Nitin* about what was *Mataji* saying about me? He said, "When you decided to leave for your home, then *Shri Mataji* and other spiritual seekers scolded me a lot. They said, "You should not have told Anand Kumar about it." They also said, "Now, don't tell anything to Anand Kumar." *Nitin* was just a kid, so he got scared. Then that boy did not tell me anything even when I

asked him. I explained to him that I was not going because of him, and I had to go anyways. I will not tell anybody, just tell me what they were saying in Miraj. After thinking for some time, he said that today *Vaghmare ji* was asking *Shri Mataji* if Anand Kumar leaves will he come back or not and who will stay in the *ashram* until then. *Shri Mataji* said that Anand Kumar will come back by November-December. Some incidents will happen with him and he will come back. He needs solitude for *sadhana* which he will not get in any place so he will have to come back to the *ashram*. Until then, we will keep a servant. I was astonished to hear *Nitin's* words. Then I thought, "Will I really come back in November-December?" Only the future will talk about that.

At the same time, *Nitin's* father was visiting the *ashram* for a few days. He was also going to Jalgaon, so we decided to go together on the morning of 17 April. *Nitin's* father and I took our luggage and came to Miraj on the evening of April 16th. That night we stayed in another spiritual seeker's house. At 6 AM, I went to meet *Shri Mataji*. Before parting, *Shri Mataji* laughingly said, "Come back soon." I did not reply. After a few minutes, I said, "The truth is I am not leaving. I am being sent. I will return when God wants me to return." Then *Anna ji* said, "Keep communicating through letters." I said, "Sure, I will write letters." I was very sad about leaving Miraj. When I had come to Miraj earlier, I was so happy. Now when I have attained a higher state, I am leaving sadly because the atmosphere here was not conducive anymore. I left *Shri Mataji's* house. I was convinced that the power which was asking me to leave the *ashram* will also guide me in the future.

The train reached Pune at noon. Some other spiritual seekers from Pune came to see me at the Railway platform. They also asked me, "Why are you leaving suddenly?" I said, "Definitely, something has happened; therefore, I am going home, and I will not come back." We talked for some time. A spiritual seeker from Pune

said that she had attained a good state in her meditation, and she wished that she could meditate in my company on *Akshaya Tritiya*. But I was leaving before that. Twenty minutes later, the train left, and I did namaskar to everybody. We reached Jalgaon town at night. On the morning of 18th, I sent a message to that girl- let the girl know that Anand bhaiya has come and wants to meet her. The girl replied that she would arrive at noon. I used to stay at Nitin's house in Jalgaon, so this time also I stayed there. In the afternoon, that girl came directly from college to see me. I talked to her about meditation, and she was ready to meditate. Both of us went to the female spiritual seeker living next door to Nitin's house because it was quiet there. The girl said that she was doing meditation for 20-25 minutes every day for the last 15 days. She said that she wanted to do *sadhana*, and she will sit every day for meditation. I sharpened my vision so that I could know everything about her from inside. I saw that this girl was really interested in *sadhana*. I asked her if she would sit for meditation in front of me. She replied that it would be her good luck that she can do meditation in front of me. We both sat down on a mat to meditate. First, I explained to her about the mind. The girl said she had no thought in her mind and started to meditate. I prayed to *Adishkati Mata Kundalini* to rise in her body. Then, I put my hands on the head of Vaishali, recited Omkar, and made a resolve to raise the *Kundalini*. Then I calmed myself and went into meditation. I saw from my divine vision; her *Kundalini* moved a little and raised its mouth. Then I got out of my meditation and observed that Vaishali was very quiet and calm in her meditation. She was not having any type of external action. I also wanted her not to have any external activity, and therefore, I made sure of that. She meditated for about half an hour and then opened her eyes. Then I asked her, "Did you have any type of meditative vision?" She replied, "Yes, I felt that I have become very light, and I am floating in the air. I am going up and down in the sky. At that time, I was feeling

great.” I said, "Your meditative vision was nice. It happened exactly as I wanted it to happen.” I asked her to come back the next day, and she left.

Raised *Kundalini*

The next day the girl came at 10 AM directly to me from college. After some time, both of us sat down for meditation. I did a particular type of resolution and performed shaktipat on her. The girl continued to sit there for half an hour. I understood that I have achieved success because I saw everything through my divine vision. When her meditation was over, she told me, “I saw a cobra sitting coiled in front of me with its hood erect and hissing at my face, but I was not afraid at all. After some time, I saw a beautiful fire-pit (*havan-kund*) which was lit with fire. A golden pot was sitting there with a coconut surrounded with mango leaves on its top. There was light spread on all sides of the pot. Yesterday during meditation, I felt as if my stomach was pulling inwards.”

Meaning: I stated to that girl, "The snake you saw was your *Kundalini Shakti*. The *havan-kund* and the pot are the areas of your root chakra. It is very good that your stomach was going inwards; it is called abdominal lock. Now you can go home and come back tomorrow evening.”

Opened Divine Vision

In the evening, Vaishali came with her father. After some time, both of us sat down for meditation and asked everybody else to leave the room. I again wanted to use *shaktipat* on her and wanted to raise her *Kundalini* a little more. Vaishali was sitting in meditation. I did *shaktipat* and tried to raise her *Kundalini*, and it did rise a little. I saw through my divine vision that her *Kundalini* had reached her navel chakra. Then I thought of trying to open her third eye to see if it could be opened. With this thought, I applied a strong *shaktipat* at her head and started to meditate myself. After half an hour, I got up from my meditation and came outside where everybody was sitting. After a few minutes, the girl also came out and narrated her meditative visions. She said, “I saw the cobra again. It had a gleaming jewel on its hood. I kept looking at the snake for some time, then it disappeared. A few moments later, I saw the snake again with a jewel on its hood, and the jewel was gleaming. I kept looking at it, and the snake disappeared. A few moments later, I saw the snake again; it had its hood raised. This time it had several jewels glittering on its hood, and the light of the jewels was as if several Suns had come out in the sky. Then I felt that you are using *shaktipat* on my head, and I went into deep meditation. I saw a vertical eye on my forehead. Slowly the eye started to open, and in a few seconds, it opened completely. It was emanating rays, and those rays were spreading like a light. In that light, I saw *Sai Baba* of Shirdi; he was blessing me.” I told the girl not to tell anybody about this meditative vision.

It was a big achievement for me. This girl had not done *sadhana*, and still, I was able to open her third eye. Since I had not read in any book that a *shaktipat* can open the third eye of a person without the person doing *sadhana*, I was pleased with my success. Now I was convinced that I am powerful. Nobody had taught me how

to do this activity. I had learned it myself. I was now confident that I could help and guide people.

I had to go home too, so I had to catch a train from Bhusawal. Two spiritual seekers came with me to Bhusawal. I thought- I was more familiar with those female spiritual seekers in whose house I had stayed, but for the spiritual reasons, I found Vaishali more suitable. This is called the good *karmas* of the past. If this girl continues to do *sadhana*, then her *Kundalini* will stay awakened and raised; otherwise, it will go back to the root chakra and remain dormant. The hardest part was to open the third eye of a person who has not done *sadhana*. I was successful in doing this because the divine vision of the girl was working. *Yogis* did not do this even in ancient times. I am still doing *sadhana*, and I am a new spiritual seeker. These experiments raised my confidence, and I felt that I could guide other spiritual seekers very well. For successful guidance, it is important to have your divine vision work at high speed, and it is also essential to have a store-house of *yogbal* because all such work is accomplished through *yogbal* only. If a guide's divine vision is not working and he has less *yogbal* then such guides are usually unsuccessful. Hence such *gurus* should not have disciples; they should continue with their own *sadhana* rigorously.

I reached home on the 21st of April. It was my brother's marriage, and I was busy with the preparations for the wedding, so I did not do a lot of meditation. I talked with a spiritual seeker from Meerut (UP) at the Miraj *ashram*. He had said that he would arrange boarding for me at the Shakambhari *Ashram*. He also said that he would gather information and send a letter from Meerut. Shakambhari is a religious place in Saharanpur (UP). *Shri Shakambhari Devi* is one of the 108 names of *Shakti*. This temple is built in the valleys of the *Shivalik* Mountains. The

atmosphere here is tranquil. The spiritual seeker from Meerut had left Miraj two days earlier than me.

On May 19th, I received a letter from him describing the *Ashram*. I wrote a letter in reply. I wrote that I am sick right now, and I will reach when I get better. After a few days, I recuperated and felt better. I thought- My *sadhana* is perfect. Now, I should do some research too. I thought I should find more about gaining access to another person's body (*parkaya pravesh*). I got more and more curious to know about gaining access to another human body. One day while sitting in meditation, I determined to find out more about gaining access to another body and what is required. Then my inner voice guided me that there are some very important things a spiritual seeker should be aware of to know more about this subject- 1. Rigorous *sadhana* 2. Very strong control over senses 3. An expert guide in this subject. First, two criteria were very easy for me, but the third one was very difficult or probably impossible for me. The reason for this was that this knowledge is fading away slowly, and secondly, why would a person knowledgeable in this art tell me that he is an expert in this art. I knew that I would not find a *guru*, but still, I will find about this *siddhi*. I decided that I will keep trying to gain knowledge on this subject and also continue my *sadhana*. For this, I needed complete solitude, and probably I could get that in *Shakambhari*. When in Miraj *Ashram*, I had mentioned this subject to *Shri Mataji*, but she got upset.

I got ready to go to Meerut because from there only I had to go to *Shakambhari*, but then I got sick again. Every time I got ready to go to Meerut, I would get sick. This happened 3-4 times. I wondered why this is happening. Thinking there must be a reason behind it. I sat on meditation and found that someone was blocking my journey to Meerut. I was sad to know this. My father said, "Don't go if there is an obstacle. I will make arrangement for you here." I said, "I

will definitely go to Meerut even if I have to come back. I want to see how many obstacles can be put in front of me.” On 29th July, I left home for Meerut. I stayed in Meerut with some spiritual devotees for a few days. They asked me to stay in Meerut and assured that they would make all the arrangements for me there. I said that I have to go to *Shakambhari*. I don’t want to be a burden on them. After a few days, I left that spiritual seeker to go to *Shakambhari*.

I Reached *Shakambhari*

First, I will tell you about *Shakambhari*. Sri *Shakambhari Devi* is one of the 108 names of Goddess *Adishkati*. The name *Shakambhari* has been mentioned in *Durga Shaptshati* (a spiritual book). This religious place is situated in the *Shivalik* ranges, about 45 km away from Saharanpur. It is full of natural beauty with green mountains, a small river flowing by, and greenery everywhere. *Shankaracharya’s ashram* is also in *Shakambhari*. I have come to this *Ashram* and it is very big. There is a Sanskrit School in here and lots of students come to study here. The *ashram* bears all the expenses of the students. This Sanskrit School is a branch of the Sampooranand University. When I reached the *ashram*, I met *Swami Abhyanand ji* who is the head of the *ashram*. He knew the spiritual seeker from Meerut. That spiritual seeker introduced me to *Swami ji* and we talked for some time. Then *Swami ji* gave me a room and asked me to stay there. I meditated in the evening from 5:30,8:30 PM and I had a vision during my meditation.

I saw that a dark man with a giant body is standing in front of me. He had long hair like women. He did not look nice, and he was very scary. I was surprised to see such a huge man. After some time, he vanished. Then I heard a voice, “Anand

Kumar, you cannot stay here for long.” I was wondering why I heard this voice. After meditation, I went to eat in the *ashram*. The next morning that spiritual seeker was going back to Meerut. He said to me, “If you have any problem, then send a letter to me.” Then he left. In the evening, I went for a long walk along the river. There were valleys and secluded places ahead. I sat down on a large rock in the middle of the river and started thinking who the giant dark man was. It is not a good omen to see such a scary person during meditation. I returned to the *ashram* as it was time for my meditation. I came to my room and sat down for meditation. After some time, I heard a collective chanting of *mantras*. Some students of the *ashram* were performing *havan* and chanting *mantras*, using the *havan-kund*. My room was on the second floor, and *havan* was being performed just below; therefore, I could hear the chanting. After some time, I went into deep meditation.

I saw- At the place of the meditation, a child was sitting in black clothes. Then I see a hand come forward (only one hand was visible), hold the child’s hand, and made him stand up. As soon as the child stood up, he turned into a man. The whole body of this man was black as coal. He had long hair on his head and a scary face. I wondered why there are *Tamoguni* entities at a place where *havan* is being performed every day. After a few minutes, I understood everything and finished my meditation. I came to realize that evil entities living there were absorbing a small part of the *havan*. Therefore, they have become very powerful.

Again, I sat down for meditation at 11 PM, meditated for an hour, and went to sleep. While sleeping, suddenly I screamed *Om*. Then I suddenly sat up. At that time, I felt like a sharp claw pricking into my face. The pain caused me to scream. Everything just happened in a matter of seconds. The room was dark. I stood up from the bed and decided to turn on the light. On turning on the switch, I came to know that there was no electric supply in the *ashram* at that time. I took out a torch and

looked everywhere in the room, but I could not find anything. I thought it might be a lizard that fell on me, and its claws may have hurt me, but there was no lizard in the room. I was also wondering how all the four claws of the lizard can land on my cheeks. I understood that something is wrong here, but I was so sleepy that I went back to sleep again. It was just a while when I jumped again from sleep and screamed. This time I felt that two sharp claws had pulled out the flesh from my stomach. I sat up, my stomach was hurting, and my mouth was already in pain. I saw that it was quiet and dark everywhere. I did not know what to do at this time. I was not afraid because I am a fearless person. A little later, I went back to sleep.

Trouble Caused by *Tamoguni* Entities

When I went back to sleep, I had a dream that I am lying down and felt something heavy on me. Due to the heavy object, my nerves were in pain, and I opened my eyes (in a dream). On opening my eyes, I see that man is lying on me. I tried to push that person, but he was so heavy that I could not do it. I was thinking about why this person is lying on me? After trying very hard, I was able to roll him aside, and I sat up. My body was in a lot of pain. I saw the person lying on my side, and I was shocked. It seemed like the person had been murdered, and his body was thrown over me. I was wondering, who has thrown this dead body over me? I looked around and saw three men standing and staring at me. I asked, “Who threw this body over me.” Those three men did not reply but were looking as if they will eat me up. Then I saw an older person. I went up to him and said, “Look! Somebody has killed this man, and his dead body is lying there. I don’t know who threw it over me.” That person replied, “You have nothing to do with who killed who. You just go away

from here.” I was surprised to hear his words. He was talking angrily to me. I went away from there. I had walked a little distance, then he called me rudely, “Hey, come here.” I walked back to that person. He growled, “Did you hear what I said? Go away from here.” I started thinking- From where is this person asking me to go away? That person said again, I am asking you to leave the *Ashram* and go away, or your life will be miserable.” Then I woke up.

I was lying on the bed, and my physical body was in a lot of pain. I saw the time, and it was 4 AM. So, I freshened up and sat down for meditation. I made a resolve to know- Who are these people in the meditative vision I saw just now and who has been murdered here? Why are they asking me to leave the *Ashram*? Give me the answer to this. I got all the information during my meditation. After completing my meditation, I discovered that these people are *Tamoguni* forces and very powerful too. They are many in numbers. The principal of this school has been murdered. He had come from the eastern Uttar Pradesh to teach here.

In the afternoon, I met *Swami Abhyanand ji*, the head of the *ashram*, and expressed my desire to meet him in privacy. He agreed to meet me. In the evening, I went to walk along the river and came back to the *ashram* by 6 PM. I was sitting in my room, and then around 6:30 PM, *Swami Abhyanand ji* came to my room. He said, “You wanted to say something to me.” I said, ‘First I want to tell you about myself.’ *Swami ji* said, “I already know about you. You tell me in what regard you wanted to talk to me.” First, I briefly told him about myself and then said, “I want to learn in private about *Parkaya pravesh*.” *Swami ji* said, “This science is complicated and dangerous.” I said, “I understand this; therefore, I am asking for privacy.” *Swami ji* said, “You will get privacy; this is the reason I have given you this particular room. You can do your *sadhana* as well as teach *yoga* to all of us. We will schedule a time, and all students will learn *yoga* from you at that time. I will

also introduce you to others, and you will become well known over here.” I said with folded hands, “Please don’t tell anybody about me. I want to live here in private. *Swami ji* told me, “I was a class one officer in the Air Force. Now, I am retired, and I get a pension. I have a house in Fatehpur town. Now I have taken renunciation and have become the director of this place.” Then *Swami ji* left. I did not tell him about the last night’s incident.

After doing my meditation, I went to sleep. I had a meditative vision in my dream that some people are holding me and dragging me brutally. They brought me to a person sitting on a high seat. That person said to me, “I had told you to go away from here, but you did not leave. Now tell me, are you leaving or not?” I did not reply to that person; I said nothing. I was thinking about why are they asking me to leave. That person got angry when I did not answer, so he pointed to the people who had brought me here. Then some of the men threw me face down on the ground and started hitting me on my back with their legs. They were beating me brutally, and I was in terrible pain. The person sitting on a high seat then said, “Break his arm.” Then two people started hitting my right hand, and after some time, I fainted due to this beating. When I regained consciousness, some men held me and made me stand up because I could not stand by myself. The person sitting there asked me again, “Tell me you are leaving or not.” I asked, “What harm have I done to you that you are beating me up?” That person stared at me, uttered “Hunh.” He said, “Not just you, even your father will also leave this place.” Then he ordered those men, “cover him up with rotten flesh.” Then I started smelling a strong foul odour. I looked in front and saw a pile of rotten flesh. One person took some flesh and applied it on my head. That rotten flesh would stick to my head and become a part of my body. That person applied a thick layer on my head. As he kept applying the rotten flesh, I would

lose sensitivity in that area, and I was unable to feel any sensation on that particular body part.

I touched the rotten flesh on my head and found that it had become a part of my body. The layer was about five inches thick. My head had grown large, and I started behaving like crazy. My eyes would take a lot of effort to open. I could hardly see to a very small distance, and that too was hazy. Then that person applied the thick layer of flesh on my shoulders and both the arms. After applying flesh on my back, a mass of about 15-20 kgs was hanging from there. Two to three kgs of flesh mass were hanging from my head, and a lot of flesh was hanging from my arms. My body could feel all these lumps of flesh hanging from my thin veins. I was frantically moving here, and there, my eyes were almost shut, and I could see hazily just one or two meters ahead. Then I heard somebody laughing. I could not see anybody, but I heard someone saying, “Do you want to see your wife? Look, she is standing right there.” I was wondering how come my wife is here when she is already dead. At that time, due to the weight of the flesh, I was bent so I turned my head a little and tried to see. I saw that my wife was actually standing at a distance. There is a thin membranous wall between us. I was standing in the dark, and she was standing in the light. Then I heard again, “She never remembers you, and you rarely remember her. Do you want to go to her? I can send you there”. I said, “No, I don’t want to go to her.” He said again, “Your wife died due to your father; why did you not kill him?” I said, “This is my personal matter.” That entity said again, “How could you kill him? You are a coward, and that is the reason for your misery.” I recognized the voice. It was of the same person who was sitting on a high seat. I was moving forward with the weight of the flesh when I saw a person coming. He had a healthy body with no hair on his head. He looked like a saint. I said to that person, “Please cut this hanging flesh out of my body. I am in a lot of pain.” The person did not say

anything. He cut the flesh from my back and head and started to cut the flesh hanging from hands. I told him that my right hand is not working because they have hit a lot on this hand. By that time, he had cut the flesh away from my hands. I told him that I feel like something is tied on my head. Please open it or cut it. He replied, "I cannot cut it because it has been tied with some powers. It is beyond my ability." I was wondering where did this power come from. I tried to see that power but could not see anything. I could only feel that a serpent-like thing is wrapped around. Then I saw that a saint-like person was gone. I guessed that he had come to help me. Then I woke up. I was lying on the cot, and my whole body was in pain. I wanted to get up from the cot and turn on the light, but I could not do so because of the pain.

In no time, I understood the meditative vision, but I was not afraid at all. I tried to lift my right hand, but I was unable to lift. I was lying motionless on one side. I got worried about looking at my hand. I thought, "Is my right hand disabled. Will I have to spend my life like a burden?" There was silence in the room, and I was lying helpless. I could not even call anybody at this time because everybody was sleeping away from me on a different floor. Then I turned on the torch beside me and looked at the watch. It was about 3 AM. I kept lying on the bed but could not sleep. I started thinking- why did this happen to me. If my hand does not work, then I will not be able to do anything in my life. How will I do my *sadhana* in this state? This place is full of danger for me. I have come here to gain knowledge about *Parkaya pravesh*, but these entities will kill me before that. My death is definite at this place. It is better to leave this place in the morning. Even if I stay here a little longer with the use of my yogic powers, I will still not be able to do my work. Then what is the benefit of staying back? I kept thinking about this subject and then decided to leave in the morning.

I meditated for 45 minutes while lying down. I sat up in my bed. My right hand was hanging on one side. I started to rub my right hand with my left hand and slowly tried to lift it. After some time, I started feeling the sensation in that hand. A little later, I wrote a letter to *Swami ji* briefly describing the last night's event and asked for permission to leave the *ashram*. Then I went to *Swami ji*'s room and gave him the letter and went outside to get fresh. After getting fresh while I was walking back to my room, a student came up to me and said, "*Swami ji* is calling you." I knew that *Swami ji* would definitely call me. I went to him and asked, "*Swami ji*, did you call me?" *Swami ji* said, "Yes, I have called you. What you have written in the letter is true, but I cannot permit you to leave. If I let you go, then what will happen to those hopes for the fulfilment of which I have called you and kept you in this *Ashram*?" Then I narrated the whole incidence that happened last night and also showed him my right hand. *Swami ji* said, "*Yogi ji*, you are such a strong person, can you not drive them away? You fight with them. When you are in such a bad state, then how will we learn *sadhana* from you? My plans will be left unfulfilled." I responded, "*Swami ji*, I am a non-violent person. I do not fight with anybody unnecessarily." *Swami ji* said, "You have to do this for the sake of the welfare of this *ashram*." I did no reply to this. *Swami ji* said, "Today I am in a hurry. I have to go to Panipat but I will be back tomorrow. Till then, you are not going anywhere. Go to your room and take rest." I came to my room and thought that I might lose my hand in doing this charity. I had realized that the work I had come for could not be done here.

Meaning: Spiritual seekers, that principal's body was with me in my miserable state. During my meditative vision, the dead body lying on me was the subtle body of the principal. It had been taken over by the *Tamoguni* powers. He was a resident of eastern Uttar Pradesh. The saintly person who separated the decomposed flesh from

my body was Jwala Prasad *ji*, who had built this *ashram* and spent his pious life in this *ashram*. *Tamoguni* entities lived in this *ashram*. I noticed that the chanting of *mantras* by some students in the morning and evening during the *havan* ceremony was not being performed correctly. That is why *Tamoguni* forces were able to take those offerings, and due to this, these *Tamoguni* entities were getting stronger. These *Tamoguni* forces are naturally jealous of the *sattvic* people for no reason. This is the reason they are misbehaving with me and asking me to leave the *ashram*.

I thought I should go away tomorrow. I sat down for meditation at 11 AM and immediately heard the voice, “You haven’t left yet! Tonight, we will break your other hand too.” On hearing this, I got out of my meditation and decided that I am not going to lose my both hands. I loaded my stuff in a suitcase and went downstairs. The manager asked me, “What is going on *yogi ji*? You had come here to stay, now why are you leaving?” I replied, “I had come to this *ashram* to stay, but I have to leave due to my helplessness.” *Shastri ji*, who used to teach here, also asked me, “You were going to teach *yoga* here. I was pleased to know this. Did you find some problem with the arrangements? Why are you leaving? Then I briefly told everything to *Shashtri ji*. The *Shashtri ji* told me, “Today, I am a teacher here. Earlier I used to stay in this *ashram* as a student. At that time, a *Tantrik* (occult practitioner) lived on the second floor. Two students used to come to him. He had promised those students that he would make them pass the PCS examination. After some time, one student passed the examination. Then the second student got sure that the *Tantrik* will make him also pass the examination. But after some time, that student drowned and died. People say that this *tantrik* had killed him. That *Tantrik* had also brought the half-burnt bones of the student to his room. The *Tantrik* would not come out of his room. We don’t know what he did inside. The *Tantrik* had an altercation with *Swami Abhyanand ji*. That *Tantrik* was beaten up by the police. He

also admitted his crime, and the bones of the student were found in a box in his room. A picture of “OM” was also found with it. While leaving, I told *Shastri ji* that I will come back after a few days. From there, I went to Meerut.

After coming to Meerut, I narrated this incident to everybody. All the spiritual seekers were surprised to hear the story. My right hand was still in pain. I could not lift that hand nor lift anything with that hand. It felt as if that hand had been paralyzed. Somebody suggested getting a special massage. I got this massage from a spiritual seeker who was an expert in it. The massage continued for some days, and slowly my hand started to get better. I thought I should go to my house since it was not okay to stay in someone else’s house for long. But a few days later, the arrangement was made for me at an *Ashram* about 10 kilometres away from Meerut. This *Ashram* was not related to *yoga*. Naturopathy was practiced here. Every Friday, I would come to Meerut, and I would return to the *ashram* on Saturday.

Information About *Parakaaya Pravesh* (entry to another Body)

This meditative vision came in September. During my meditation, I saw that I am entering a tunnel-like place. After walking for some time, the tunnel became narrow and closed. Since the tunnel was closed, I stood there. I was thinking about how I would move ahead when the tunnel is closed. Just then, I came to realize that if this place opens, I will have to separate from my physical body. Then again, the thought came to my mind that if I separate myself from my body at this time, then I

will not be able to get back in, and I will die. Later, I gradually became aware that I am sitting in meditation, and my meditative vision ended.

After the meditative vision ended, I started thinking- What should I do? That closed place will open someday, but after coming out of my body, if I am not able to get back in, then I will die. Therefore, I need a *guru* who is knowledgeable in this field. Finding a *guru* who is an expert in this seemed impossible. Doing this work without a *guru* was very difficult because I did not know the way to come back. One day, during meditation, I saw that I am walking in a tunnel-like place. Then I stopped because it was closed ahead. I stood there because there was no way to go forward. Later the same thought came again- even if I go out from here and I am not able to come back, then my death is inevitable. On this thought, my meditation weakened and I became aware that I am sitting in meditation.

I sat down to think- What should I do now? I had confidence in myself that I will come back. It will take a few days to come back, and if I do not come back into my body, then I will surely die. In that case, I will have to retake birth and do more *sadhana*. I still have many years to live; therefore, I should discard the thought of entering another body. But my mind was occupied with the idea of entering another body. Many times, I asked my knowledge to tell me about the way to enter another body, but it would say nothing. Then once I heard a voice, “If you get this accomplishment, what will you do with it. Don’t waste your time. Try to move forward in your practice of *yoga*. It will be beneficial for you.”

Spiritual seekers! I see in my meditative vision that I am entering a tunnel. That tunnel is closed at the far end. Actually, that tunnel is the subtle nerve through which the *chitta* flows. It is subtle and situated in the *chitta*. I felt that this subtle nerve is used to enter another body, but because it is closed in the front, I cannot go

out from there. I believed that with determination and practice, this subtle nerve could be opened. Then due to my ignorance, I got afraid, and I come out of meditation. But I did not give up and continued on my research. When meditating, I would always be determined and would encourage my inner self to show me the way. Inner-self, please guide me because even if I quit the accomplishment of accessing another body (*Parkaya pravesh*) who else will guide me in the practice of *yoga*. My inner self told me that my guide was in northern India. It told me to keep looking, and one day I will find him. He will answer all my questions. He is a *yogi* of high state. I was wondering who that *yogi* would be in northern India who has more *yogbal* and capabilities than me. I have also accumulated a lot of *yogbal*. It is very difficult to know about the *yogbal* of another *yogi*, although knowing one's capabilities is easier. I could only think of two such *yogis* in northern India. One was *Swami Chidanand ji*, a disciple of *Swami Sivananda ji* and head of *Sivananda ashram*. His *Ashram* is in Rishikesh, and I had full faith in him that he can solve my problems in *yoga*. The second was Dalai Lama. He is a religious *guru* from Tibet. He lives in Dharamshala in Himachal Pradesh. It is very difficult to meet either of them.

Mother *Kundalini Shakti*

I saw during my meditation that I am sitting at a high place, and a woman is sitting close to me on my left. When I felt that I am sitting very close to a woman, I was surprised at myself as I stay away from women. I looked carefully at her- She was a beautiful woman, and she was taller than me. I was looking at her beauty but I had no feelings; neither there was any kind of expression on the face of that woman.

I lifted my head a little and saw that she was carefully looking at me. Just then, her body became taller, and I was looking very small compared to her. She took out her right breast from her clothes and took me in her lap like a baby. At that time, I was a full-grown man. She caressed my head in her lap and started to breastfeed. I seemed very happy then. After feeding for a while, she took me up and made me stand. She covered herself, became a young woman, and smiled. I wanted to feed more. Just then, she stood a little higher in the sky. Her clothes changed automatically. Now she was wearing a red sequined *sari* and had a big crown on her head. She was standing in an oval ring of light. I immediately understood that this woman is *Mata Kundalini Shakti*. I said, "Oh, mother! I pay my respects to you." In reply, she raised her hands and blessed me. I said, "Mother! Bless me so that I become a great *yogi*." *Mata Kundalini Shakti* said, "You will become a great *yogi* in the future, will possess a lot of yogic powers and receive knowledge." I said, "Mother, who is that *guru* in northern India from whom I have to gain knowledge?" *Mata Kundalini* noted, "In future, he will himself come to you." Then *Mata Kundalini Shakti* disappeared, and my meditation was over.

Spiritual seekers, this was an excellent meditative vision for me because it is very rare to get this type of visions. This time I was not a baby breastfeeding but a grown-up man. The truth is that very few spiritual seekers get this type of meditative vision. When *Kundalini Shakti* breastfeeds you, then you should understand that you will get a special benevolence from *Kundalini Shakti*. Such a practitioner is definitely a great *yogi* from past times.

In Meerut, I came to know that there is a meeting in Delhi, so with another spiritual seeker (Ashutosh) I came to Delhi. Here I came to know that *Shri Mataji* wants to go to Delhi in February, and two spiritual seekers are going to Jalgaon to celebrate her birthday. The birthday of *Shri Mataji* is celebrated on 20th September.

The spiritual seeker from Meerut and I also planned to go to Jalgaon to celebrate *Shri Mataji*'s birthday. Two more spiritual seekers from Meerut got ready to go for the celebration. So, on 18th September, four spiritual seekers from Meerut and two from Delhi left for Jalgaon by train. On reaching Jalgaon, the five spiritual seekers went to *Shri Mataji*'s place, and I came to Anju didi's (Nitin's mother) house as I had a very good relationship with this family.

After reaching Jalgaon, I was thinking about Vaishali because I had raised her *Kundalini* earlier. In the afternoon, around 1- 1:30 PM Vaishali came herself, but for some reason, I could not talk to Vaishali about *yoga*. In the evening I went to Vaishali's house. I asked her what *Shri Mataji* had said to her about raising her *Kundalini* by me. She told me that *Shri Mataji* had called her in person on the day of *Guru Poornima* (1993) and asked, "What did you experience when Anand Kumar raised your *Kundalini*?" I told her all about my experience, then *Shri Mataji* said that it is okay what you experienced, but your *Kundalini* did not rise. It does not rise so quickly. Your subtle nerves need to be very pure. Even if it got raised, it is dormant again. And it should be dormant." I was surprised to hear these words from a woman who is so accomplished, saying that "*Kundalini* did not rise." I thought why she said that when it is 100% true that the *Kundalini* did rise. I said if the *Kundalini* had not risen, then I will give up my *sadhana* and never ever utter the name of it. At that time, all the family members and neighbours were sitting at Vaishali's home. I could not understand why *Shri Mataji* had said those words. I thought again- Why can't she see through her divine vision that she raises *Kundalini* only in an advanced state. In this state, very little power is needed to raise the *Kundalini*. Raising the *Kundalini* of a new spiritual seeker is not in the capacity of *Shri Mataji* because a lot of *yogbal* is necessary. *Shri Mataji* had said that in jealousy because she did not want Anand

Kumar to get recognition and fame. *Shri Mataji* could not tolerate all this. I used to be so proud of my *Guru*, but today that pride was shattered.

A female spiritual seeker told me, if a person's *Kundalini* is raised by force and when it reaches the head, then that person becomes mad. *Shri Mataji* had said this in her discourse. I was informed of many such things. I understood that all this was being said so that no spiritual seeker comes to me for guidance. I had to hear many allegations. But I remained quiet because I knew that *Shri Mataji* was lying purposefully. It is true in the case of a forcefully raised *Kundalini* that the spiritual seeker should do a lot of *sadhana* so that it remains uplifted. Otherwise, it will go back to a dormant state. This time, I noticed- the spiritual seekers who loved me were now hesitant to talk to me. I understood now why *Shri Mataji* always told me not to stay in Jalgaon.

There wasn't much conversation between *Shri Mataji* and me. She only asked about my well-being, and I simply replied. Then I asked about the technique of entering into another body (*Parkaya-pravesh*). I told *Shri Mataji* that I am doing research on it and if she could enlighten me on this subject. *Shri Mataji* said, "I did not like such accomplishments, and I have no knowledge about it." Then I came away. When I was in Miraj, I had once asked *Shri Mataji* about it, then she got angry, and I came out from her.

On 29th September I had discourse in the *Ashram* near Meerut. A lot of people were invited from far and wide for *yoga* practice. On 25th September, I left Jalgaon for Meerut. When leaving, *Shri Mataji* had told me to leave this idea of *Parkaya pravesh* because it is not good. On 28th September, I reached Meerut via Delhi. I got to know that the spiritual seeker from Meerut had informed *Shri Mataji* about the incident in *Shakambhari*, and I was laughed at in Meerut. I did not know who to

trust. Therefore, I decided to stay away from Meerut so that I don't meet the spiritual seekers from Meerut a lot. I did not take anybody's opinion on this matter. I thought I will not even go home now, but I must go to *Shakambhari Devi* once for sure. I changed my goal for a few days. I wanted to fight with the powerful *Tamoguni* entities that had messed with me. I don't know if I will stay in *Shakambhari Devi* or not, I just wanted to fight the *Tamoguni* entities. I thought- I also have divine powers, then why should I be scared of them. At first, I did not want to fight with them, but now, since I had decided to fight, there was no chance of me dying. On 4th October, I came to *Shakambhari Devi* (Saharanpur) in the *Shankaracharya ashram*. I stayed in that same room. This time my will power was very strong. I thought- as long as I stay in this *ashram*, these *Tamoguni* entities will not even look towards me. *Swami ji* in the *Shankaracharya ashram* was pleased to see me as I had come back.

Individual Soul and *Karma*

On 4th October, at 6:30 PM, I sat down for meditation and first made a shield around me with *Mrityunjaya mantra*. I yelled-, "O *Tamoguni entities!* Where are you? This time not me, but you will be leaving this place. Nobody will come to help you on this earth." Then I went into deep meditation. During my meditation, I saw- A beautiful cow has come into my room while my room was locked from inside. The cow is white and looking adorable. I understood the meaning of a cow. A few minutes later, I saw a dog sitting quietly in front of me. Then I saw a man pointing to the dog with his hands, but the dog nodded his head in a no and closed his eyes, and sat quietly.

Meaning: Cow is the symbol of a spirit or the soul. Dog means that I still have some *karma* left on my *chitta*. It closed its eyes and sat down; this means that my *karma* is not ready to come out. A man even pointed the dog to look at me, that man was the natural bondage. If the dog had glared at me, then I had to face my *karma*, which means that the *Tamoguni* entities would have taken over me, but my *karma* remained quiet. I said to my *karma*, “You will have to go away one day, which means you have been destroyed.”

Greetings from an Ascetic

One day I was meditating in the evening. I had a meditative vision- I am sitting someplace at a little height. A little away from me in the front, a young ascetic was talking to somebody. He was saying to somebody, “He is a *Tattva-Gyani*. You are no match for him.” I looked around to see who this ascetic was talking to. Again, that young ascetic pointed his finger towards me and said, “He is a *Tattva-Gyani*. Don’t mess with him. You cannot equate to him.” Then I saw a man standing in front of that young ascetic. I understood that the young ascetic was talking to this man, although I had never spoken to that young ascetic. Both of them disappeared in front of me.

After a few minutes, I saw a very brilliant ascetic appear before me, whose age was around 30-35 years. He was wearing saffron clothes. He had no hair or beard. He had a healthy body, and his height was about 6 feet. This ascetic looked very brilliant. He kept looking at me for a moment and then came forward to greet me. I was surprised by this ascetic greeting me in the form of *namaskar*. Then I moved backward and said to the ascetic, “How can I accept your *namaskar*, as you

are an ascetic and I cannot accept *namaskar* from an ascetic.” But my words did not affect him. He did *namaskar* on the ground about 2 feet in front of me. Then immediately, I also did *namaskar* to the ascetic on the ground and stood up. We both were standing in front of each other and smiling. He had something special in his smile, which I could not understand. He said, “You are a *Tattva-Gyani*.” I was surprised to hear his words, such a great ascetic calling me a *Tattva-Gyani*. The ascetic again said, “You are a great *yogi*, so you should do something for the benefit of the world.” I did not understand what he was saying. I asked him, “Please clarify so that I can understand your words.” The ascetic said, “You should write on *yoga*.” I said, “I don’t have the capability. How can I write on *yoga* which is a very difficult subject? To be able to write on *yoga* means that I should have perfect knowledge of *yoga*, and only then it is possible.” The ascetic said, “Why do you think yourself to be incapable? Once you start writing, the capability will come to you automatically. In the future, you will know all about *yoga* completely. My blessings are with you. Just understand that I have come to you to inspire you to write about *yoga*.” I said, “I will comply with your command. I will try to write on *yoga*. But please introduce yourself.” The ascetic said, “My greatest introduction is that I am a *yogi* and standing in front of you. In earlier times, I had also propagated *yoga* for the benefit of humanity. You will yourself know who I am.” After saying this, the ascetic disappeared. My meditation was over.

I was wondering who this ascetic was and why he was calling me a *Tattva-Gyani*. He even greeted me with *namaskar*, which was his nobility. Then he asked me to write on *yoga*. I sat down to meditate and find out through my *yogbal* about this ascetic. I heard a voice from the sky, “*Adiguru Shankaracharya*.” I was astonished on hearing his name. After that, I tried to write on *yoga*. This writing is now in front of you. Dear readers! When *Adiguru Shankaracharya* had called me a

Tattva-Gyani, at that time, I had not gained the knowledge of *Tattva-Gyan*. I started gaining knowledge after the year 2000. He was capable of knowing everything beforehand; therefore, he addressed me as a *Tattva-Gyani* even before I became one. *Adiguru Shankaracharya* is himself a great *Tattva-Gyani*.

I am Mother of the Universe

I got this meditative vision in November at 11 PM in the night when I was doing meditation. I saw a place which was a little higher, and a woman was sitting there. She was wearing a bright white *sari*, and her body is glowing with light. She was very beautiful and I went to see her. Holding both her knees with both hands, I sat down in front of her on the ground. I fixed my eyes on her face; she was looking so beautiful. The woman started smiling. I liked her and her bright white *sari* because a faint light was coming out of the *sari*. When I saw her body, then I understood that this woman is not an earthly being. I was thinking all this when the woman said, “I am the queen of this place.” I was surprised to hear that and said, “You are the queen of this place. But there are only mountains here.” The woman spoke again, “Yes, I am the queen of this place, and I am also your mother.” On hearing her last words, my hands started shivering. I asked her, “Are you, my mother.” She said again, “I am the mother of this universe.” On hearing this, I understood who she was and I greeted her. The woman said, “You saw me in this form because you had made a resolve many times to see me in this form.” Then she disappeared.

Spiritual seekers! May times, I had made a resolve to see mother *Shakambhari*. Therefore, I got this vision, and I had also visited her temple 3-4 times.

The idol there looks very simply, but I had prayed to see the real Mother *Shakambhari*.

Dear spiritual seekers! I have got various types of meditative visions. Some meditative visions are such that it would not be good to include. Although I get these meditative visions in my yogic state, and they all have some meaning. However, I have left them out and did not include them in this writing. I had one meditative vision which describes my higher state, but from the social point of view, it may not be appropriate to read it, so please forgive me for that. Once during my meditation, I saw, “I have become a beautiful woman, and I have a baby in my lap. That baby is sucking my breast. The baby is holding the other breast with his hand, which is tickling me. I remove the hands of the baby and put it aside, but then the baby held the other breast. Due to this, I was getting tickled, and I was laughing. Then I thought, Why is the baby doing this?” Just then, I remembered that I am a man, and how did I become a woman? What do I do now? This baby is also mine. Then I looked at my body and saw that I am a beautiful woman. I am wearing a crown and nice jewelry. Then I realized that I had become the form of *Kundalini Devi*. Then my meditative vision ended.

Meaning: In the meditative vision, I am thinking of myself as *Kundalini*. I am looking at myself in the form of *Shakti*. During the awakening of *Kundalini*, I had the same meditative vision. I was a man and a woman at the same time, and both the form were facing each other. The meaning of the baby is- It was me and from the point of view of *yoga* practice, I am still a baby. Spiritual seekers, this was my highest state because I am the man, and I am the woman. Both God (*Ishwar*) and power (*Shakti*) have come out of *Brahman*. Therefore, seeing oneself in the form of *Kundalini* is a higher state. During practice, sometimes, spiritual seekers get some

delusion in this state and think of themselves as an incarnation. This does not happen. A human being cannot become an incarnation.

I Again Raised *Kundalini* of a Spiritual Seeker

I came to Meerut from *Shakambhari* because I had left my winter clothes there. Last time when I went to *Shakambhari*, I had not told anyone about my whereabouts. So, the people in Meerut did not know where I was. Only the spiritual seeker in whose house I had stayed knew about it. I remembered that when I had returned from Jalgaon, then Ashutosh had asked me, “You can experiment on me to see if the *Kundalini* was raised or not because people in Jalgaon say that Vaishali’s *Kundalini* was not raised.” At that time, I had not said anything to Ashutosh. Now I asked Ashutosh, “If you are ready, then I too have no problem. I am ready to raise your *Kundalini*.” You will have to remember one thing that if anyone asks, even if it is *Shri Mataji*, you will have to take the responsibility because there is a difference in raising your *Kundalini* and Vaishali’s *Kundalini*.” I had done my experiment on Vaishali. I got success more than I had expected. Ashutosh said, “Please raise my *Kundalini*; it is my wish.” I said, “Okay, you can come to my room tomorrow morning.” The next morning Ashutosh arrived. I made him sit for meditation in front of me. This time, I decided that I will raise his *Kundalini* by touching below his navel.

Ashutosh sat down in front of me to meditate. After a few minutes, I touched below his navel to use *shaktipat* and did a loud *Omkar*. Then I sat down to meditate. I used my divine vision and saw that the *Kundalini* was dormant. I saw very clearly that it was coiled around the *Shiv-ling* and sleeping quietly. I understood that due to

insufficient *sadhana*, it could not rise immediately. Then I went into deep meditation, and I saw his *Kundalini*. The *Kundalini* spit the tail from its mouth, and it is slowly lifting its mouth. It then broadened its hood. Then I was satisfied about myself. I meditated for half an hour and then laid down. About 40-45 minutes later, Ashutosh also came out of meditation and said to me, "I am going on my job, but I will take leave and come back soon."

He came back to me at noon. I asked him, "Did you experience anything?" He said, "Yes, I had a meditative vision, but I could not tell because I was in a hurry. I saw a human form standing in front of me. He took a snake and lifted it with one hand. The snake was red. That snake opened its eyes, and its mouth is also open. I am looking at it." I said, "Since your *sadhana* was not enough, I had to use *shaktipat* forcefully. That snake is your *Kundalini Shakti*, and the human form is me." He showed his desire to sit once again in meditation, so both of us sat down to meditate. In the evening, I went to his house for meditation, and in a while, we both sat down to meditate. This time I used *shaktipat* on his forehead to open his third eye. Then I saw that his neck was dropping backward. Using my resolution, I stopped his neck from falling back. Now he was sitting upright. This time his face was calm too, and he stayed in meditation for one hour and fifteen minutes. He had some meditative vision and described his meditative vision, "I saw a huge water reservoir. A black cobra was sitting coiled on the water surface. Green leaves are falling from the trees into the water, and as soon as they fall, the cobra eats them. I kept seeing this for some time."

Then I had another meditative vision, there was a transparent body in a human form. It was made of bright light. A barbed-wire net was enclosing it. When I looked at it, the body started to move towards the sky. After going up a little, the wired net broke and fell in pieces. The human form went up in the sky.

After some time, another meditative vision came, "There is a large reservoir. A lotus is blooming above the water, and there is faint blue light around the lotus flower." When I asked him how many petals were in the lotus, then he replied, "I cannot tell how many petals constituted the flower."

Then there was another meditative vision, "There is a beautiful *Shiv-ling*, and beautiful white flowers are kept on it."

I had one more meditative vision, "I saw a vertical eye on my forehead. That eye was bigger than these eyes and was very clean and bright."

Meaning: I started explaining the meaning of these meditative visions. The cobra eating leaves above the water- the cobra is your *Kundalini*, and leaves are the earthly elements. When the *Kundalini* rises, it starts eating the earth element. Since it is conscious itself, it lives in the form of a fire element inside the living beings. Human form- It is your subtle body. Barbed wire net- this is your own bondage. Bloomed lotus- It is one of your chakras. If you had counted the number of petals, then you could know which of your chakras has opened because the lotus flower of each chakra has a different number of petals. You saw an eye in your meditative vision- This is your third eye. I have opened it with *shaktipat* so that you can see the meditative visions minutely. But due to lack of *sadhana*, you will not see many divine objects. This eye will close by itself in a few days because I have forcibly opened it with *shaktipat*.

The next day Ashutosh told me that he saw a woman riding a lion, and there was a ring of light circling her. I immediately understood that she was *Amba Devi* (goddess with lion). She stepped down from the lion and held up her hand to bless him. Then she vanished.

I told him- This meditative vision of yours was very good because *Amba Devi* and *Kundakini Shakti* are the same. Since she has awakened in your body, she is blessing you. Then I told him about *pranayama* and some yogic postures. The next day I got ready to go to *Shakambhari*. When leaving for *Shakambhari*, I told *Ashutosh*, "You have to do rigorous *sadhana* to keep your *Kundalini* raised. Otherwise, it will sit back in the root chakra. After I leave, you may or may not get meditative visions. Still, continue meditating every day for a minimum of three hours." Now I was fully convinced with myself that I could open the divine vision of someone with *shaktipat*. I also understood that it requires more *shaktipat* to awaken the *Kundalini* of a householder or family man. I used very little *shaktipat* on *Vaishali* in Jalgaon and got success because she was unmarried at that time. On 26th November, I came to *Shankaracharya ashram* in *Shakambhari* from Meerut.

On reaching *Shakambhari*, I thought- Where have these powerful *Tamoguni entities* gone? Why can't I see them? Then I made a resolve- I want to see those *Tamoguni entities* or fight them. But for the next 2-3 days, I did not get any information about those *Tamoguni entities*. Now I was angry with myself. First, they sent me out, and now they are nowhere to be seen. One night when I was lying down, I felt a touch. My body shivered and it took me no time to understand what it was. I immediately got up, closed my eyes and shouted, "Bastards, dogs, I am your father. I am going to punish you. Save yourself if you can." That very minute, I threw a powerful yogic force at the *Tamoguni entities*. Due to my yogic force, they started running away in the air. That very second my inner self told me to use another accomplished (siddhi) *mantra*. I again used the *Shakti mantra*. They started going up in the air. Then I used more *mantra* power. The power coming out of *Shakti mantra* captured them in a ring. I kept using the *mantra* power very fast. There were ten *Tamoguni entities* but they could not break away from the ring. Now I was

mercilessly torturing those ten *Tamoguni entities*. They were agonizing and screaming in pain. Some of those *Tamoguni entities* were chanting *Beej Mantras*. I made a resolve and said, "Is there anybody who will save them. Come and fight with me. You will know the result of doing wickedness to a *yogi*." Some of the *Tamoguni entities* turned in to dark, scary faces when they were tortured. I understood that these are the original form of these *Tamoguni entities*. For some time, I continued to make them suffer. Then a *yogi* appeared before me and said, "Son, this action does not look good for a *yogi*; just spare them." I said, "When they were terrorizing me, then where were you?" *Yogi ji* said, "Son, you are wise; therefore, you should understand and be calm. They will get their punishment definitely." I said to *yogi ji*, "*Yogi ji*, you, please leave. I have only one goal, either their downfall or my own. That *yogi ji* then disappeared. I was striking at them with my *yogbal* and the power of accomplished *mantras*. They all were in pain. Then a voice came from the sky, "Leave these evil entities; now they will not have the courage to come near you." I said, "God! Your command is my wish." Then I said to those *Tamoguni entities*, "You evil entities! Don't think that there are no *yogis* left on this earth. Look, I am a very small *yogi*, but what pain I have been able to cause you. You can come and fight with me until I am on this earth. I retreated my power, and it went inside my body. Those evil entities also disappeared. They were never seen again.

In The Form of a Beautiful Woman

I had this meditative vision on 2nd December. I am standing beside a river. The water is very clean. I am looking at the water, but I have no intention of bathing in the river. But when I have come here, I will have to take a bath. Then I thought-

If I touch the water, I will get affected by it. As I entered the water and put my foot forward, a crocodile appeared, opened its mouth, and tried to attack me. I immediately moved back and stood back a little. The crocodile was there in the water with its mouth wide open. As I moved backward, a wall appeared on my rear side. I was in a bad situation because I could not go back, and I could not move forward in the water as the crocodile was there with its mouth wide open. Due to fear, I fell on my backside. Then a beautiful woman appeared beside the crocodile. She was wearing a green *sari*, which was sequined. Twinkling light was coming out of the sequins. She was very fair, and her face was glowing. There was a large crown on her head which had jewels studded on it. A faint light was coming out of the gems. Due to the crown, her forehead was less visible, but her eyes were big and beautiful. Her eyelids were clearly visible, and both the eyebrows were beautiful like a bow. She had a small ornament in her nose, and she was wearing earrings in her ears. Her facial skin was very smooth and attractive, and she had light redness on her lips. She was smiling, and her long hair was untied on her back below her waist. Her neck looked beautiful, and she was wearing a green blouse and *sari*. She had a narrow waist and muscular thighs. She was wearing ornaments on her feet and beautiful bangles in her wrists. In total, she was looking very beautiful. Every part of her body was beautiful, and sometimes her teeth would shine like pearls while smiling. Then I was surprised by where did this beautiful woman come from? Then smilingly, she said, “Take this and eat.” She extended her right hand towards me, and I saw a piece of a herb in her hand, which was pencil-thick and about an inch in length. After thinking for a few seconds, I said, “No, I will not eat this.”

Now my attention went towards the crocodile; it was still looking at me with its mouth open. I was worried about my life. The woman said again, “Take it and eat.” This time I took the herb in my hands and looked at it carefully. It seemed like

a piece of wood to me. I put that wood-like herb in my mouth and ate it. As soon as I held the herb in my hand, the crocodile vanished. After eating the herb, I felt sleepy and lethargic. I felt that something is going on inside me, and I also felt that I am changing outwardly. In a few seconds, my body became very fair. I started to develop breasts like women, and I was wearing a green sequined *sari*. In a few minutes, I had entirely transformed into a woman. I was standing in the form of a beautiful woman. The woman standing in front of me was smiling at me. I felt that I had a crown on my head. My hair was also long and reaching below the waist. I had jewellery and bangles on my body. When I looked at the woman in front of me, I felt that the woman and I had the same appearance. Clothes, jewellery, crown, and hair were all similar. It looked like two forms of the same person. Both are the same, meaning that the woman standing in front and I had the same looks.

I was very happy to see myself. I had unparalleled beauty. We were smiling at each other, then she disappeared. I felt something happening in my stomach. I glanced at my stomach to see that it had grown very big. At that time, I also felt that there is a baby in my stomach, and I got stressed. I was scared to think that now this baby will take birth. I remembered that mothers undergo immense pain when giving birth, and at that time, I was alone. It was well lit on all sides, but I could not see anybody. I thought it would be very difficult to give birth and nobody is there to help me. I want to mention that I had no feeling of weight or pain in my stomach. I felt that the baby will be born now, so I sat down with my legs straight and bent my body a little backward at an angle of 130-140 degrees. Then I felt some activity just below my navel. I understood that the baby will be born just now. Then a weird thing happened- Rays of blue light started to come out from the place of activity and began to gather in a circle at a distance of about 2-3 feet from me. After a few seconds, my stomach was normal. The circle of blue light rays took the form of a child. The child

was sitting and smiling at me. I was also looking lovingly at that beautiful glowing child. The child seemed to be 5 years old. I held his hand and walked away. I was walking in the space; the light was shining everywhere. Then somebody asked me about the child, "Who is he?" I replied, "He is my son born with divine powers; don't underestimate him." I was walking with the child in the glowing blue sky. The child was also walking with me slowly. At that time, I was in the form of a beautiful woman. It felt as if I had created the whole universe. The meditative vision ended, and I opened my eyes.

Meaning: Spiritual seekers! You must have understood that this meditative vision of mine was of a very high state. The river is the physical world. On touching the world, I will be affected by delusion (*Maya*). Ignorance prevails due to delusion. Ignorance is the cause of desire, which I saw in the form of a crocodile, and I am afraid of it. The woman in the green *sari* was Mother Nature, who imparted her secret knowledge of freeing from bondage in the form of the herb. Spiritual seekers, you have to take birth until you have gained complete knowledge about nature. After gaining knowledge about nature, you cannot be affected by delusion (*Maya*), and ignorance also evaporates. This happens only when you get *Tattva-Gyan*. Then I became like Mother Nature, which signifies my highest state in *yoga*. Later on, I will be free of the bondage of nature; therefore, I have become like Mother Nature in my meditative vision. This child who is full of *Tattva-Gyan* is my form, which I will become in the future. Spiritual seekers! Even being a man, I have had all the feelings of a woman through my meditative visions. Therefore, I am a man and a woman too. This means that now I am perfect. If you read my meditative visions carefully, you will find glimpses of perfection. I will attain this status in the future. From this meditative vision, it is clear that now there is no difference between me and nature; therefore, I am nature, and I am the male.

Tratak

These days, I am practicing *tratak*. At one sitting, I practice *tratak* for about an hour. First, I do *tratak* on the dot, and then I do *tratak* on the mirror. In the night, I do *tratak* on the flame. During the day time, I practice *tratak* on the rising sun and the setting sun for a long time. Sometimes, I do *tratak* on the tip of the trees on the mountains, and in the night, I do *tratak* on the stars. I have practiced enough *tratak*. After practicing *tratak* a lot, one can use *shaktipat* with eyes without the need for touch. All the spiritual seekers should definitely practice *tratak* because it brings concentration. The eyesight improves, but you should definitely take guidance from your guide before practicing *tratak* on the sun. To know more about *tratak*, read my book.

Swami Chidanand ji

I got this meditative vision on the 25th of December at 3 AM- I am standing on the ground, bright golden light is spread everywhere, the earth under my feet cracks with a slight noise. The crack in the earth starts to widen between my legs. A deep, dark trench was visible in the crack. I moved on to the left of the crack. The earth on the right side moved away for quite a distance. A dark trench appeared now. Then I felt that I might fall into the trench as my body bent a little towards the crack. But then a rope ladder came down from the sky, and I held it with both hands. As soon as I caught the ladder, the land on the left side also moved apart. Now, I was hanging onto the rope. Below me was a dark trench; the land on the right side was full of darkness, whereas the land on the left side had light. It was a surprising sight.

Then I thought where did the rope come from on which I am hanging. I looked upward- I was holding a thick white rope, I am holding the lower end, and the upper end is invisible in the sky. There was light in the sky; therefore, the upper end was not visible. I was hanging above the trench with the help of the rope, and the land on my left was at a distance of about one meter. While hanging, I tried to reach the land on the left with my foot. But I could not reach it. I tried to look on the right side, but I could not see any land due to darkness. Then I saw a tunnel in the dark. There was a brightness in the tunnel. But I could not reach the entrance to the tunnel, and a lot of time had passed hanging on to the rope. I could not find a way to save myself; just then, a boy pushed me from the left side. I fell into the tunnel. The boy also fell with me. But I did not get hurt. I stood up and looked towards the boy who had pushed me. He was 12-13 years old good-looking boy of fair complexion. He was smiling at me, and then he disappeared.

Then I went in the direction of light in the tunnel. I had walked just a little when the tunnel ended. I came out in an open place, but then I was surprised because *Swami Chidanand ji* was standing in front of me and smiling. I said, “*Swami ji*, is that you?” *Swami ji* nodded in yes and was still smiling. His teeth were clearly visible, his lean and thin body, glowing face, and he was wearing a *lungi* up to his calves. I said, “*Swami ji*, I desired to see you and talk to you.” *Swami ji* just kept on smiling. After a few minutes, he said, “Okay.” Then both of us sat down. *Swami ji* said something to me, but I could not understand his language. I said, “*Swami ji*, you said something to me, but I did not understand.” *Swami ji* repeated, but again, I did not understand him. I did not understand his language. It was sure that he was not speaking any of the languages of northern or central India. Then *Swami ji* said, “Come,” and both of us stood up, and I started walking behind him. After a while, I felt that I am climbing stairs, and the stairs are at 90 degrees angle and were too high.

I looked upwards and saw that *Swami ji* was climbing the stairs. I got very tired. *Swami ji* had reached the top stair, jumped a little, and stood on the other side. I also reached the top stair behind him in a weary condition. I also jumped and stood on the surface of the other side. On reaching the top, we came into a golden light. At that time, *Swami ji* and I were there. I realized that Swamiji and I were standing on the upper portion of the sky. The sky was touching our heads. It looked as if we were in a tent-like sky. Then I saw that *Swami ji* is sitting and a plate is kept in front of him. I also sat down in front of him. *Swami ji* was smiling as usual and his teeth were visible. *Swami ji* said to me, “Anand Kumar, eat food.” I started eating from the same plate but I could not see what I was eating. *Swami ji* was also eating from the same plate. After eating, I stood up and came to the stairs. I looked down the stairs from which *Swami ji* and I had come up and I saw a boy sitting there. He was the same boy who had pushed me in the tunnel. He looked at me and smiled. The boy pushed down the stairs. Then I noticed that they were not normal stairs. Its height was infinite. That means I had come up very high. I asked the boy, “Why did you push down the stairs, now how will I get down?” the boy pointed in negation. The meaning of his pointing was, Now I cannot go down, I have to stay up higher. I went back to *Swami ji*. He was still eating. He said, “Why are you worried about going down? You stay here. Come eat with me.” I started eating again with *Swami ji*. My meditative vision ended here.

Meaning: The boy I described in this meditative vision, I had the same meditative vision in the Miraj *ashram* in 1992. The same boy had said- Make a resolve to open all the *chakras* and then made me drink something like curd. *Swami ji* took me very high up in this meditative vision, which means I will soon reach a higher state and will never come down from there. We ate together- In your meditative vision, if you eat with an ascetic, this means that now you are at the same level as the ascetic. In

the future, *Swami Chidanand ji* will not guide me because now *Swami ji* and I are the same. *Swami Chidanand ji* is a great ascetic, and I have high regard for him. He does not know me directly. His pure and conscious life energy was guiding me. He may not even know that he was guiding me. This *Swami ji* is the head of *Sivananda ashram*. This *ashram* is in Rishikesh near Ram Jhula on the banks of the river Ganga. The boy in this meditative vision is always helping me. He has never introduced himself.

This meditative vision came in December. I saw during my meditation- I am roaming around on the earth. In whichever direction I go, I see that the entire human race has been destroyed. Many people are dead. It looks as if they have died in a war. I got sad about this. Then I thought, "What will I do alone on this earth. Nobody I know is left." I am walking ahead thinking this; just then, a voice comes from the sky, "When there is annihilation, then this type of situation is to be seen, and a new era starts." The thought came to my mind- On the arrival of the new era, the people left have to endure a lot because there is no trace of human beings far and wide. I keep moving, thinking all this, and I enter a forest. There is nothing in the forest except the trees. I am left alone. I stand on high ground and look around. I can only see earth devoid of human beings.

The Year 1994

Getting Rid of Ego

I had this meditative vision in the third week of January. I am standing beside a vast reservoir. As I wish, I start walking above the surface of the water in the reservoir. I am not using my feet. I am standing in my place and moving forward at high speed that is to say that my body was moving by itself. My feet were about a foot above the water. In a few minutes, I had crossed the reservoir, and I was very happy doing so. I was thinking- I had no problem crossing the reservoir and I am standing on the other side of it. The land on that side was very shiny and lighted, and the atmosphere was tranquil. I walked forward and saw a *yogi* sitting in meditation at a high place under a tree. His hair is tied up in a bun on his head. His body is transparent, but he is clearly visible. That tree is also radiant, unlike any normal tree. I went and stood in front of that *yogi*. At that time, I was holding a black cobra in my right hand whose hood was fully raised. I was not afraid of the cobra because it was very quiet. It seemed as if I am holding a regular stick. I kept looking at the *yogi* for some time as he was in deep *samadhi*. I threw the cobra in front of him and said, "Now I can live without him; I don't need it anymore." I left that snake in front of the *yogi* and walked back and came near the reservoir and stood there, thinking I will go back to where I have come from. As I set foot on the reservoir, a voice said, "Now you cannot go back." I stopped hearing the voice and thought about why I could not go back. Then my meditation stopped, and I opened my eyes.

Meaning: Spiritual seekers! The black cobra I am holding is my *tamoguni* ego. I left my ego in front of that *yogi*. I let go of my ego. The reservoir is the physical world.

I have crossed the physical world, and I cannot go back there. These days in my meditative visions many times, I have crossed the water reservoir and was not able to come back. Therefore, I will not describe these meditative visions anymore. I was holding the cobra in my hands, and it was very calm, which means that I was not under the influence of ego, but I was holding it in my hands, and I also give it away. This is *tamoguni* ego. The practitioner who sacrifices his ego or completely wins over it does not come back to the physical world. He becomes free of birth, death, and life.

Accomplishing Access to Another Body (*Parkaaya Pravesh*) is denied

Spiritual seekers! Again, my desire to enter another body was awakened. I was constantly thinking about this technique and how to open that closed place. I would sit in meditation and try to get information. Again, the same thing happened. I go inside the tunnel-like place, and after going forward, I find the place to be closed. I stood there and started to think about how to open that place. Just then, I uttered a long *Omkar*. On the chanting of *Omkar*, some movement happened, and the place where I was standing was also vibrating. Then my inner self told me- You chant more *Omkar* and make a resolution. I again chanted a long *Omkar*. It felt as if a storm had hit the closed area. There is also a movement in the sky. I speak loudly, “O! Obstacle; please go away.” My resolution did not solve the problem, but when I kept doing *Omkar*, then the place seemed to open. Then I heard a loud voice in my ears, “*Yogi*, don’t make this mistake; you should go ahead on your path.” Just then, I got out of meditation, and my eyes opened.

Then I sat down to think- why did the voice say to me, “Don’t make this mistake.” Am I committing a sin or doing something unrighteous? This is also *yoga*. Then I thought- I will come out of my body through the *Gyan Chakra*. For a few days, I tried to come out of the *Gyan Chakra*, but I was not successful. I am not a practitioner who will accept defeat. Finally, one day I got success. In my meditative state, I saw that the *Gyan Chakra* is coming towards me from far off in the sky. It is spinning fast at its place. Then it became slower and finally stopped. It had come very close to me, and its size had also increased. I could see a large hole in the centre of the chakra, and I had to go through this hole on to the other side. I swiftly raised myself and entered the hole and moved forward. The *Gyan Chakra* started to spin in its place. I was moving ahead fast when I realized that I had reached the space. There was blue light everywhere in the space. Then I see lord *Vishnu* standing in front of me in a huge form. I was looking tiny in front of him. I was looking at the beautiful body of Lord *Vishnu*. He was wearing yellow attire and was carrying conch, *Chakra*, mace, and lotus in his four hands. He was smiling, and I also smiled, looking at him. I said, “Lord you”? He kept smiling, and after a few moments, he said, "Why do you want to know about this technique?" I said, “I thought I should do some research; therefore, I wanted to know about this subject. I also want to attain this accomplishment.” Lord *Vishnu* said, "Son! Go back. You have not come here to attain this accomplishment. You have come to this world to obtain knowledge. Go and get knowledge, and get the rewards of your *yoga*. This accomplishment is an obstacle for you.” Then Lord *Vishnu* disappeared. Then I started coming back to the hole, came back, and stood in the space. Then my eyes opened. I started to think that now I cannot get information in this regard because Lord *Vishnu* is standing in my path.

I Left *Shakambhari Ashram*

Spiritual seekers! The *ashram*, where I used to stay, a feast used to be organized by people from outside the *ashram*. Sometimes I also had to eat that food. Since it was a religious place, many times, the *ashram* would get crowded. Therefore, I had an inconvenience in my meditation. There was always impurity prevailing there. Sometimes, I had to eat that food. All types of people would come and go in the *ashram*. Sometimes the police would also come to arrest bad people. I got fed up with this place. Now I did not want to stay here anymore because I wished to stay at a holy place. This place was full of impurity. I was thinking of going away from here for some time. Personally, *Swami ji* had made ample arrangements for my solitude and meditation, but still, I wanted to leave.

It was the second week of March, and the weather was frigid. There was a fair going on in *Shakambhari*; therefore, the *Ashram* was very crowded. One day at 3 AM, I went to the toilet. I was going through the *ashram*. In the middle of the *ashram*, there is a well with a tap. I was going there to fill up water. The *ashram* has a good arrangement for lighting, and it is so nicely lit up at night that it seems like daylight. I was going towards the well when I heard the sound of running water. I thought somebody must be getting water from the tap. As I reached the well, I was shocked. My legs were not moving, and my eyes were left open. I could not move from my place because in front of me was a 22- 24 years old naked woman. Probably, she had heard my footsteps; therefore, she was looking towards me. That woman was bathing, and both her hands were on her head. She was standing in this pose, and there was a bright light bulb lit over her head. This place is like a courtyard, open from all sides. I came from one side and stood right in front of her and very close to her. For a few moments, I was looking at her, and she was looking at me. I

felt as if I have no life in my body. That woman sat down with her back towards me. On the other side, there was another woman of the same age who was taking water from the tap. She was also wearing such clothes that I was embarrassed, and I also turned my back towards her. I had to use the toilet urgently, and I was feeling uncomfortable; therefore, I put forward my water pot and said, “Please fill water in this pot.” The woman near the tap filled it up, and I went to the toilet. When I came out of the toilet, the second woman was bathing. I came back to my room from another side. I was thinking about those women. It was time for my meditation, so I sat down. Even after trying, I could not meditate because I was sad. Then I decided to leave the *ashram* very soon, and I told *Swami ji* everything. *Swami ji* said, “There is no fault of yours in this. I have kept you here so that you can teach us *yoga*, but still, if you want to go, you can. Later, I came to know that those women were from good families. They must have thought that everybody is sleeping in the *ashram*; therefore, they were taking a bath without clothes. It was unfortunate for me that I reached there when they were in such a state. I decided that I will not stay in this *Ashram*. After two days, I left *Shakambhari ashram* and came home via Meerut.

Lord *Bajrangbali ji*

This meditative vision came in the first week of April. During meditation, I saw- I am walking in the river against its flow that is walking towards the source of the river. I was wondering about the source of the river, and I want to see it. When I was walking in the river, the water would separate and give me the way. I was walking on the sandy surface in the river as the water would separate, and the land would appear. After walking like this for some time, the river narrowed and became

shallow. I had come to the end of the river. Then I saw that the water in the river was coming from a cave. I entered the cave, which was 15-20 meters in length. As soon as I entered the cave, I saw- On the right side of the cave, Lord Bajrangbali *ji* is lying. On seeing him, I said, "Lord, you are lying down here." But he said nothing while lying on his right side. His body was huge, and his feet were towards the entrance of the cave. The cave ended near his head. He was lying down on land away from water. His body was glowing, and the golden light was emerging from his body. When he did not reply to me, I went closer to him. I touched his feet and sat down there in the water. Just as I sat down, water moved away from there as if giving me space to sit. I was sitting about 1.5 feet lower than the surface of the water. Water was flowing away from me. I looked at God *Bajrangbali ji* admiringly as he was looking exquisite. I was sitting near his feet and looking at his face. I looked at the source from where the water was coming out. There was a tiny pit. I thought I should check the depth of the pit and see where the water is coming. Then a voice came from inside the source, "Don't put your hands inside the source of water. It only seems to be small, but its depth is infinite. Since the creation of the universe, nobody has been able to fathom its depth." I saw a black cobra sitting on the source. I was surprised for a few seconds, then I started laughing and said, "Mother, I recognize you. You are *Kundalini Shakti*. I am not scared of you." Then that snake came near me and started licking my body. It was causing a tickling feeling in my body. Then my meditative vision ended.

Meaning: River- It represents the physical world. I had reached the source of this world. I was walking in the river, and the water was separating- The physical world did not affect me, and it separated from me. The source area inside the cave was that place from where everything originated in the universe. That place is very radiant. That light is seen in the source, which is the centre of vital energy (*chaitanyaMaya*).

Therefore, the vital energy or the *Kundalini Shakti* was seen above the source of water. *Kundalini Shakti* started licking me and loves me like her son. In my meditative vision, I entered the cave that I had seen. This cave is known as the heart cavity of every living being's *Chitta*. Inside the cave, Lord Bajrangbali Ji is lying down- Bajrangbali is born of air element, and the creation is also created by the air element (vayu tattva) within the sky element (Akash tattva). Therefore, Lord Bajrangbali Ji is lying down in his vast form. He is also the incarnation of eleventh *Rudra*. At the origin of the universe, *Kundalini* exists in the form of *Shakti*. This means that *Kundalini* appears along with *Apra-Prakriti*, and *Kundalini* is the form of *Shakti*. Therefore, I was told, "The source is very deep." because the *Apra-Prakriti* is inside the *Para-Prakriti*. The centre of the origin has been shown by the *vrittis*. The centre of origin is different. I have mentioned it in a different book.

Become like Me

It was on the 15th of April, and I was stressed due to some arguments at home. In the morning, I walked far along the river in the village. I found an acacia tree and sat down under it. There was no noise, and the atmosphere was very quiet here. I was sitting under the shade of the acacia tree (Babul), and it was giving me comfort from the heat. I tried to meditate, but due to stress could not go into deep meditation. Still, I meditated for one hour and then laid down under the tree. I was remembering God and reciting *mantras* in my mind. I said to God, "Lord, when a spiritual seeker of my stage is facing so many problems, then what must be happening to new spiritual seekers. With so many problems, they can get distracted from their goals. Although it is true that spiritual seekers have to face problems without reason, and

this is happening since ancient times. The day temperature had increased because of the hot winds blowing. I wanted to meditate, so I sat down again. I meditated for about 1.5 hours, after which I felt happy. My body was a little tired, so I laid down under the tree. I closed my eyes and asked the tree, "Hello friend, how are you?" The tree replied, "I am standing on the banks of this river and blooming. Whether it's the hot winds of the summer or the chilly winds of the winter, I am swaying in happiness. Men come and chop off my branches, but it does not hurt me. I have thorns in my body, but I am the one giving cool shade to people while I endure the heat. Now you are lying in my shade; it makes me very happy. You get stressed on little things and consider yourself a spiritual seeker. Do more *sadhana* and become like me. Serve others, even if you have to endure pain yourself."

Meaning: The acacia tree has given a good lesson. A spiritual seeker in his highest state can understand the signs given by trees. They cannot talk like human beings, but they do release subtle vibrations. A *yogi* can understand the meaning of these vibrations. To communicate with this method, the *yogi* has to be in a causal state. I have done many experiments on trees, but I am not writing here, as I don't think it is appropriate.

Spiritual seekers! Now I don't have visions during meditation, and now meditative visions should not also happen during meditation because it causes a blockage in getting into *samadhi*. Sometimes meditative visions happen after the *samadhi* is over. Sometimes it comes when the prana comes below *Brahmarandhra* or in yogic sleep. At the beginning of this year, I had a couple of meditative visions, but they stopped after that. I do get information regularly, but I am not writing the same here. I had some meditative visions in August. I am writing a few of them.

In the first week of August, I had a meditative vision- There is bright blue light spread everywhere in the sky, and I am roaming around in the sky. Then I see a woman in front of me who had three eyes, and all three eyes were open. I was looking carefully at the woman; she was very beautiful. I pointed out at her third eye and said, "You have three eyes, whereas all living beings have two eyes." The woman said nothing, only smiled, and nodded her head. I was thinking that this woman has three eyes and she is looking so beautiful. I understood she is not a normal woman. If I asked any question, she would just smile and nod her head in acceptance. She roamed around with me in the space for some time and then disappeared.

Meaning: Spiritual seekers! This is the meditative vision of the causal world. When you see blue light everywhere in the sky, your *Brahmarandhra* is open; then, you should understand that this is the vision of the causal world. This is the beginning of the highest state for a *yogi*.

A Huge Elephant

I had this meditative vision probably on 11 or 12th August. I am standing in the blue sky, and there is blue light spread around me. There is nobody except me. Behind me is my house (not this physical house). Just then, I said, "I have disowned it; take it away from my home." As soon as I said those words, the whole sky echoed and an elephant came out of my house and stood in front of me. On seeing it, I said, "You go away, I am not going to accept you, I don't need you." At this, the elephant walked away into the sky and disappeared in the blue light. I was just looking towards the sky. The elephant was looking very majestic.

A few moments later, I saw the elephant emerging from where he had disappeared and coming towards me. This time a mahout was riding the elephant. This time the elephant was very big and tall. I was surprised to see such a huge body. The elephant came and stood at a distance of 20-25 meters from me. The mahout said, "This is for you; please accept it." That huge elephant was looking at me without any feelings, and the mahout had also come down. I said to the mahout, "I don't want this elephant, I have disowned it." The mahout did not reply; he just bowed down with folded hands and left alone. I said to the elephant, "You, please leave. I don't need you." The elephant was looking at me, and my meditative vision ended here.

Meaning: This meditative vision is also related to the causal world. In the meditative vision, there are different meanings of the elephant. If one sees a black elephant and if also scary, then the spiritual seeker should understand that it is his *Tamoguni karma*, which he will have to face. If one sees a white elephant, then he should think that he will soon get name, fame, and various types of luxuries. Here this elephant meant name, fame, and luxuries. I had disowned the elephant, which meant that I did not want all this. In the end, the mahout leaves the elephant and goes away. Therefore, I will not get name, fame, and wealth in the future because I have discarded those. But the elephant was looking at me- So there will be an effect of fame on me sometime in the future.

After this meditative vision, I started having an inclination towards reclusion in my mind, "Nobody is your close relative in this world. They are your relatives just because of their *karmas*. They are doing their *karmas* and are enduring them. You are also doing your *karma* and enduring. Why do you stress yourself for others, you will bear in the future according to your *karma*? You are all by yourself in this world, and you have to go where a *yogi* goes. So, utilize your time, discard

everything in this world, and set yourself free. It was good that you disowned the elephant. Go towards your own form.” Sometimes it seemed like my mind is empty because I am not thinking anything. Sometimes I would utter automatically, “The world is a delusion.” which I already know through my practice of *yoga*.

Now, I had started writing on *yoga* because *Adiguru Shankaracharya ji* had inspired me to write on *yoga*. But now another motivation had awakened inside me, “You should stop writing, first go and do rigorous *sadhana* for some time.” I stopped the writing work. These days I was alone at home because all the family members had gone to Delhi. I started doing rigorous *sadhana*. I stopped eating regular meals. I used to take milk in the morning and the evening, some liquid in the afternoon, and got myself engrossed in *sadhana*. My body started to become thinner day by day, and in a few days, I became very frail. Now I used to get tired very quickly. But my *samadhi* time had increased a lot, and I was doing *sadhana* in my sleep also. I used to stay quiet and did not keep much contact with the community. I knew well that I had attained a very high state. My remaining *karmas* were also getting weakened or subtle due to *yoga* practice. I was happy with myself that I had achieved this state with my rigorous *sadhana*. To achieve this state, I have endured a lot of grief from society and my so-called family. This time I have suffered a lot, but I did not leave *yoga* or even thought of doing so. Once I had told my father, “No matter how much you make me suffer, stop financial support or food, but you cannot make me quit *yoga*. You don’t have the capability to stop my *yoga sadhana*. Your path is full of sins, and you will have to bear the fruits of it and, you will suffer. I have practiced *yoga* with much pain; therefore, I have achieved this state in *yoga*. Well, you are helping me by giving me pain and destroying my *karma* and making me realize that there is no one for me in this world. I have learned a lot from your offensive behaviour, and I am grateful to you for it.”

Earth's Blessing

I had this meditative vision in the last week of September. I am standing in someplace on the earth. About 10-15 meters away from me, the ground cracks open with some noise. A beautiful woman comes up the crack. The upper half of the woman's body was visible above the ground and waist down; she was below the earth. She was wearing a green *sari* and a shiny crown on her head. Her face was very pretty and a beautiful necklace around her neck. Jewels were shining in that necklace. She extended both her hands towards me. I was standing far from her, but her hands extended towards me. Her hands were 10-15 meters long and reached me. There was something in her hands, but I could not see what it was. She gave that object to me, and I took it, but I did not know what it was. Then the woman said, "Son, you must have understood that I am Earth." I said, "Yes, I know that you are Mother Earth." She said, "Have what I have given to you, it will be very beneficial to you in the future. Whenever you remember me, the earth element in your body will be reduced in a certain amount. This will increase your capability to use *shaktipat* because earth element works as a hurdle for a *yogi*." I got very happy to hear this, and I paid my obeisance to her, and she blessed me. Then gradually, she went inside the earth, and that crack automatically joined. Then my meditative vision was over. I had this meditative vision in yogic sleep.

Meaning: Spiritual seekers! This blessing of the earth will be with me throughout my life, and it will increase my capability of using *shaktipat* because the earth element is more inert. Therefore, this element creates a hurdle for a *yogi*, and because of the lowering of the earth element, *Sattvaguna* will increase in my body very soon.

A Cobra

I had this meditative vision on 1st October during my yogic sleep. I saw a snake at some distance from me and sitting calmly with its hood spread out. Some people said, “Kill this snake.” I replied, “I don’t kill living beings.” Then that snake went on to one side, and I went the other way. Just then, I felt some light behind me. I turned around and saw that the same snake was standing before me with its hood spread out, its mouth was open and filled with light. The light was coming out of its mouth and spreading on all sides. I was thinking- this cobra is so good; it is lighting a large place.

On the evening of 3rd October, I argued with my father because he was selling ancestral land. I opposed this, and therefore there was an argument. I know this person is ruining the home. He does everything in a planned way. He wanted me to leave the house. I started feeling that I have reached such a high state in *yoga*, and still, I am having attachment towards my house. But as a result, I am getting false accusations. I also know that he will bear the fruits of his *karma*. Next morning at 3 AM, I sat down for meditation, and then I heard a voice from the sky, “अश्वत्थमेनं सुविरूढमूलमसंगशस्त्रेण दृढेन छित्वा.” (Ashwathmenm suviroodhmoolam asang shastren dridhen chhitva). This *shloka* is the third *shloka* in the 15th chapter of the *Gita*. This is half the *shloka*. Then I read *Gita* and also the meaning of this *shloka*. Then I understood this meditative vision, and I was happy.

The Year 1995

I have to Go Far Away

This meditative vision came in the third week of February. I am sitting in someplace. It seems to be a room. The room is dimly lit, and then a female spiritual seeker from Pune comes laughing in the room and says to me, “Anand Kumar! I have written my biography; please read it.” She hands over me a beautiful book. She looked very happy. I opened the book and started reading. She had written in the book about herself from the age of 15. There were a few important events. I got serious after reading them. I came to know a lot about her life, which I think should not be mentioned here as it is her personal matter. When I had read the whole book, I looked up, but I did not see the female spiritual seeker. I thought she might have gone outside, so I also came out. I saw myself in a lighted place. At that time, *Shri Mataji* and the female spiritual seeker were present there. The female spiritual seeker was chanting “*Shri Ram, Jai Ram Jai Jai Ram.*” I saw her, she was looking very beautiful, and a glow was emanating from her body. She was wearing a bright white *saree*. At that moment, she was looking like a goddess, and the effect of *sattvaguna* could be seen in her. Automatically, some words came out of my mouth for her, “You are looking like a goddess.” But she said nothing and just smiled. I told her, “Come, come with me.” She said, “You go; I will come later.” Then *Shri Mataji* and I together went ahead. I looked back and saw the female spiritual seeker sitting in her place and chanting. Then after walking some distance *Shri Mataji* and I stopped in one place. The path had separated into two. I stood there and thought- my road is still going; further, I have to go far. *Shri Mataji*’s path goes to the left, she has to go only a little distance, and she will reach quickly. I turned around and saw that female

spiritual seeker, who was still sitting there and chanting. I said- This female spiritual seeker will take a lot of time to reach the place where I am standing.” Then I said to *Shri Mataji*, “I am leaving now as I have to go very far. You will reach your destination quickly as only a little distance is left for you.” Then I went ahead, *Shri Mataji* was still standing there. Then my meditative vision ended.

Meaning: The female spiritual seeker was looking beautiful because her *Kundalini* was awakened, and she was looking *Sattvaguni* in the white *sari*. How could she come with me; she was just a new spiritual seeker. *Shri Mataji* and I walked together for some distance and then stopped. *Shri Mataji* will not go much further as her destination can be seen. It is just a little distance away. Then I see my path, which went far ahead. The place where I have to stop is very far away. This proves that I have to go very far. *Shri Mataji* and I were walking together, and then we stopped at a place. *Shri Mataji* had to move on one side and stop after walking a small distance. The reason for this is that *Shri Mataji* has become attached to the *ashram*, and to run the *ashram*, she has deviated a little from the main path. When a guide gets busy in running the *ashram*, then there is a cessation in the spiritual growth. But those *yogis* who are *Tattva-Gyani* they do not get attached to the *ashram*. In the meditative vision, I saw that I have to go very far and reach my final destination.

A Three-Eyed Child

I had this meditative vision on 27th February in the morning of *Shivratri*. I saw a beautiful woman sitting in front of me. There is a small child in her lap who is about a year old. The child was looking at me and laughing. I looked at the forehead of the child and saw a third eye, which was bigger than normal eyes and

was shining. I automatically said- all his three eyes are open, and the third eye started to sink in and slowly disappear. I spontaneously said, *OMmmm*. On uttering *Om*, the third eye started to become like before, and the child was happy about hearing the *Om* sound. I would repeat *Om*, and he would keep laughing. Then the woman took the child and started leaving. I said, "Please don't go. I like this child very much. All his three eyes are open." Then the woman and the child both disappeared. My meditative vision also ended. I was automatically uttering *Om, Om*. I had this meditative vision in my yogic sleep.

Lord *Narayana*

This meditative vision came to me in the middle of March. I saw that I am standing in a bright blue light. There is nothing except blue light on all sides. Then my eyes fell a little above in the front. I saw Lord Narayana a little away from me- He was lying down on the *Sheshnag's* coil and smiling. His body was light blue, and a lotus stem was coming out of his navel and reaching up. On the top end of it, there was a red flower. At first, I looked at Lord Narayana to my contentment as he was looking so beautiful. I said loudly, Lord! If you think that you will give me the temptation of wealth and turn me towards it, then this is not going to happen. I am ready to do anything to reach God." My voice was echoing on all sides. Lord Narayana was smiling as earlier. My meditative vision was over.

Meaning: In this meditative vision, I did not see *Brahma ji* on top of the lotus flower. To do anything meant I would beg, but I will not leave *yoga* because, for some time, I was getting the desire to get wealth. Therefore, I was saying this to Lord Narayana. Seeing Lord Narayan in this high state of *yoga* was an excellent sign for me.

It is Very Difficult to Attain *Moksha*

I got this meditative vision on May 10th. I am standing inside a home, and I have received information that a cobra is going to enter the home. I have a feeling that the snake would bite me, so I exit the house. While coming out, I had picked up a 2-3 years old girl. She was a beautiful child, but I don't know who she was. On coming out of the house, I found myself in an open field. I started looking everywhere to see if the cobra is coming. I did not see the cobra anywhere. I put the girl down because I was holding her till now. I said to the girl, "Mother, I am very scared of a cobra because it can bite me in a while." The girl smiled slowly. I was addressing a 2-3-year-old girl as Mother. Then I heard a low voice from the sky, "The cobra you are scared of is the same girl who you are calling Mother." I smiled to hear this and thought to myself, "Oh! Mother is the cobra." My worries were gone, and I was happy. Then the girl turned into a snake, but I was still standing there unafraid. That snake hissed loudly and bit on my leg and disappeared. Then I started looking at the sky without any thoughts. At that moment, I saw Lord *Krishna* inside my body. He had a light blue body, and he was smiling. Then I left that place. On the way, I saw two men sitting. They asked me, "Is it possible for you to get *moksha* (salvation)?" I became serious about hearing this question suddenly. A few minutes later, I replied, "I have not attained *moksha* yet as it is very difficult to attain *moksha*. It is a very complex subject to understand." As I was saying these words, I could see Lord *Krishna* in my heart. I again started going towards the sky.

Meaning: Spiritual seekers! I have written here about a snake biting me. I have also written about a snake biting me twice earlier too. According to the great saint *Swami Muktanand ji*, this means- If a cobra bites a spiritual seeker, then the spiritual seeker will definitely attain *moksha*. But in my meditative vision, I am denying *moksha*.

This is contradictory. When I was asked, “Will you get *moksha*?” At that time, it was impossible for me to get *moksha* because *Karmashayas* are present in my *chitta*. A practitioner can't get *moksha* until he gets *Tattva-Gyan* because, till then, ignorance is present in the *chitta*. This means, In the future, when I get *Tattva-Gyan* only, then my *moksha* is possible.

These days I am practicing *sadhana* rigorously and paying much attention to *pranayama*. I do *pranayama* several times a day. I also eat very little even though my body is very weak now. Due to the increase in *pranayama*, my body has become lighter. There is a special way to do *pranayama*, which reduces *Tamoguna* and *Rajoguna* and increases *satvaguna*. I am feeling that the earth element and the water element are getting reduced, and the fire element is getting increased. Sometimes I go into the depth of *chitta* even in awakened state, and thoughts start coming to me. These thoughts are such that I need a knowledgeable person to solve them, but at this time, I don't know any knowledgeable man. The saintly persons who know *yoga* are very far from me. They might not even have time for me; therefore, my problem is not getting solved. Sometimes I feel that I am not in my body; I am outside it. I am experiencing this very clearly because due to *pranayama*, my body has become very light. It feels as if there is no blood on my hands and feet, and they are filled with air. Consciousness has increased a lot due to which I can sleep for only a few (1-2) hours. Whether my eyes are closed or open or I am in the darkness of night, I always see a blue dot. Inside the blue dot, there is a clear dot of the size of a needlepoint that shines momentarily. Sometimes its brightness is so much that even the sun's brightness fades in front of it, even though the size of the dot is like a needlepoint. The blue dot shines continuously. I do *tratak* a lot too.

The description of the blue dot is found in many books on *yoga*. But nothing has been written about the very shiny, needlepoint dot inside the blue dot. Probably

one can see this dot due to the excessive practice of *tratak* and *pranayama*. The blue dot relates to the causal world. This dot is like a needlepoint in the blue dot. It shines suddenly and then disappears. This means that I can see the light point away from the causal world with my physical eyes. My body is very pure, and I have to bring down the *Udana Vayu* below the root chakra forcefully. When I bring down the *Udana Vayu* to the root chakra, I stay in breath retention (*Kumbhaka*) for 2 minutes and 45 seconds to 3 minutes. At that time, it feels as if the body will blow up due to heat. It seems as if the body is full of fire, and I am standing a little away from my physical body. Therefore, I used to do a special type of *pranayama* the method of which I cannot describe here. It is because only those spiritual seekers who have stabilized their *Kundalini* after its full journey can use this method. For this *pranayama* it is very important for *Brahmarandhra* to be open. The goal for which I am doing this *pranayama* is still far from me. Even if I don't reach that goal, I will still become the master of many yogic powers. There is no guide available to help me achieve this goal. This science was practiced in ancient times. Yes, the physical body surely goes through a lot of pain. When I do the *pranayama*, it feels as if my individual soul will leave my body. Then I say to myself, "Look individual soul!

"I will do what I have to do. I have no problem even if you leave my body because then I will get into another body and practice *yoga* again. Therefore, it is better that you support me."

Blessings from *Shri Mataji*

This meditative vision is on May 13th. During my meditation, I saw, I enter a room, and *Shri Mataji* is sitting on a throne-like chair. Female spiritual seekers are

sitting on the floor in front of her. There is no male over there. There was a cot in that room. I went and sat there. *Shri Mataji* was talking to a female spiritual seeker. I looked around the room and saw that all the women were sitting on the floor. Just then, I remembered that while entering the room, I had not paid my obeisance to *Shri Mataji*. By then, *Shri Mataji* had got up and left the room. I stood at my place for a second. After a few minutes, I saw her coming. *Shri Mataji* called from outside the room, “Anand Kumar, come here.” I came out; now, light could be seen outside the room. *Shri Mataji* sat down on the floor. There was nothing spread on the floor. She was very happy and laughing loudly. I had seen her so happy for the first time. I went down on my knees and toes and bowed to her. I said to her, “*Shri Mataji*, you have sat down on the bare floor, nothing is spread on the floor.” *Shri Mataji* said, “Oh, my disciple is here, and I am so happy; there is no need of any mat.” At that time, *Shri Mataji* was holding three very clean and nice-looking fruits in her hands. I said to *Shri Mataji*, “*Shri Mataji*, the fruits you are holding are very good.” *Shri Mataji* said, “This is for you. I will give *prasad* to my disciple.” Once again, I looked at her- she was very happy and laughing. Her body was bathed in a glow. I did *namaskar* to her and put my head on to her feet. *Shri Mataji* put her left hand on my head and patted my back with her right hand. I felt that my body is now lighter and transparent, and I can see all my organs. Then I uttered “*Maa*,” and I started losing consciousness and fainted.

This meditative vision also came in yogic sleep. When I woke up, my whole body was very tired, and I could not get up. Then after some time, I got energy and became normal. There are two main points in this meditative vision. First- I sat on the cot in front of *Shri Mataji*, whereas other spiritual seekers were sitting on the floor. I should have sat down on the floor at that time. Second- *Shri Mataji* was not sitting on a mat when I was sitting in front of her. Both of us were sitting at the same

level. At both places, I am at the same level. This is *Guru Tattva*. *Shri Mataji* may not know this, but *Guru Tattva* guides a spiritual seeker.

Nature is Everchanging

I had this meditative vision on May 21st during yogic sleep. I am not writing the meditative vision here as it was a very weird one, but I am writing its meaning. The meaning is, nature is always changing. Some visuals depicted that everything was changing. Then after a long time, nature comes back to its original form. That time, I thought, what is this happening? A voice from the sky responded, "This visual shows that nature is ever-changing. These visuals are depicting the same". From those scenes, it felt as if nature had been in the same form since eternity. It can also be argued that the form of nature today will also appear some time again in the future, even so after many *yugas* or after annihilation (*pralaya*). How far my meditative vision is correct, only a *Tattva-Gyani yogi* can tell that?

Form of *Shiv-shakti*

This meditative vision is from May. This meditative vision came when I had given up grains and was doing rigorous *sadhana* by practicing a particular method of *pranayama*. I had this experience in yogic sleep. I saw in the space in front of me around pillar looking like a tree trunk, but it was not a tree trunk. It was very thick and also evenly thick everywhere. The pillar seemed to be made of light as it was self-lit. Its glow was spread on all sides. I was standing very close to the pillar, and

first, I looked at the top. It was standing in the sky. My vision went up there because I was able to see up to a long distance. Still, I could not see the top end of the pillar. Now, I looked downwards, and my vision went very far down because my divine vision was working at that time. On seeing very far down, I saw darkness. Therefore, I could not see the bottom end of the pillar. After some time, I started to think, the length of the pillar is so much that I cannot see the top and bottom parts at the same time. I again looked at the pillar- then I saw that it was looking like a long stick made of light. The thick pillar of light was standing in the entire universe. I was thinking about this when I saw a bright yellow snake wrapped around the pillar. Its tail was around the pillar, and its hood was spread and upright. It was like an umbrella on my head. Since I was standing near the pillar of light, it looked as if the snake was protecting me with its hood. I glanced up and saw that my head was only a foot away from the hood of the snake. The snake and I were looking into each other's eyes. Then I said, "Wow! It looks as if you are not protecting me. Do it, do it, protect me. I like your beauty, and you are looking as if you know everything. Sometimes I get scared of you in this form, so can I stand a little away from you." On saying these words, I moved back a little to get away from the snake. As soon as I moved back, the snake made a loud hissing noise and came near me with the pillar of light. I wanted to keep a distance from it, but I could not. In my nervousness, I woke up. My meditative vision ended.

Meaning: I was thinking- what a great meditative vision I had? This meditative vision is scarce for *yogis*. The pillar of light, which is infinite, is considered the *nirgun* form of Lord Shiva. The snake wound around the pillar is the *Kundalini Shakti*. In ancient times, even lord *Vishnu* and Lord Brahma were not able to find the ends of the pillar of light because it is the form of Lord Shiva himself. *Adishkati*

is always present with *Paramshiva*. Therefore, it is also called *Shivshakti*. Both complement each other. Another form of *Shiva* is also called *Ardhanarishvara*.

Purity at Its Extreme

Spiritual seekers! These days I am having a very special type of feeling. The weather is scorching in May. Even in the sun, there is no effect of hot wind on my body. The reason for this could be that there is a lot of heat present in my body too. My body does not feel the touch of wind, even when it is blowing. I can see that the plants and trees are shaking, but my body does not feel anything. When I paid attention to myself, then I realized that I even breathe much slower than ordinary people. This means I breathe less and take in very little air. In the night, my sleep is little or negligible. If I sleep due to tiredness in my body, then both my hands automatically rise towards the sky and stay like that. Then I get awakened and feel that my hand and legs are filled with air, and I have become very light. While meditating, I feel that I will rise from my seat. But this does not happen. My body has weakened a lot, and due to this, I am doing less *sadhana*. In a normal state, my mind is stable, and I am unable to bear the extreme heat in my body. I thought, I will do this type of *sadhana* again in the future. At this time, I felt that I had attained spiritual power.

In the last days of June, I had gone to Delhi. My mother was very sick. I said to my brother, who is the second one, "*Amma's* death is certain. She will die in a few days." Treatment was going on in the hospital. According to the doctor, she had brain cancer. I came back home on the 27th of July. My mother died on the 24th of

August. I did not get very sad about her death because I already knew everything about her, but still, I started to feel her absence in physical form.

Lord *Dattatreya*

I had come back from Delhi on 27th July, and this meditative vision is of 30 or 31st July. I saw- I am standing in a faint blue light. I feel that the sky is a little above me. My body is light blue and transparent. At some distance, I see a human form. Another human form comes out of this human form. The second human form slowly becomes clear. After becoming clear, it looked like Lord *Shankar*. Then another human form emerged out of the first human form. Gradually this one also became clear and looked like Lord *Vishnu*. Now another human form came out of the first human form, and this one turned into Lord Brahma. Then the three gods were standing together. I uttered, “Wow! Lord *Vishnu*, Lord *Shankar*, and Lord Brahma all three are together.” Then I looked at the human form from which all three had come out. That human form slowly turned into Lord *Dattatreya*. I said, “God, I can recognize you; you are Lord *Dattatreya*.”

We were standing at a little distance and facing each other. I was happy and smiling too. The five bodies were made of the same and similar elements. Everyone's body was transparent and light blue; my body was made like them. What is the meaning of seeing the three Gods manifested by Lord *Dattatreya*, I know this? Lord *Dattatreya* is a part of the three Gods and symbolizes the triple power (*Trigunatmak Shakti*).

Respect the Laws of Nature

This meditative vision came to me in the first week of August during yogic sleep. I saw, I am entering a house. As I entered, I saw a lion standing there. The lion saw me and jumped at me. I got scared and ran outside. On coming out, I saw a river flowing there. The river was coming out of the house. The source of the river is also that place. I started running fast over the water because the lion was chasing me. I kept running fast because I was scared. Then I realized that this is not a normal river; it is very deep. After running on the water, I started running in the sky, and then I reached a bright light. I kept moving forward until I saw 8-10 people obstructing my way. I stopped there and looked at them. All those men were very dark but glowing. One of them looked at their leader, and it seemed that they all were carrying a particular type of weapon. I asked their leader, "Why are you all obstructing my way." He just smiled and said nothing. Then a person standing at the back said, "You think yourself to be very capable; therefore, we are standing in front of you." I did not understand what that person was trying to say. I did not reply; I just looked at them. That man said again, "We want to see your capabilities." I said, "I don't understand what you are saying." That person said you tried to stop your mother's disease, and you are also trying to stop her death." On hearing this, my mood changed, and I said angrily, "She is my mother, I can do anything for her, and it is none of your concern. As far as my capability is concerned, I did this because I could not see her pain. I know she is going to die, but I will try to push it back as much as possible." On hearing my words that man got angry, all the men with him stood up, and they all were looking angry. But their leader in the front was still smiling. He seemed to be a calm and kind person. All the other men looked cruel. The leader said to me, "You come with me." I started to walk ahead; just then, the

first person said, “You think of yourself to be a great *yogi*, let me see your capability.” Then he jumped up in the air and hit me on both shoulders with his legs. He climbed on my back. For a moment, I felt pain in my shoulders but I quickly pulled him off my back and threw him in the air. He could not get up for a few minutes. I loudly said, “Don’t try to test my capabilities; you can bring me no harm. If you have the guts, come and fight.” I was standing in anger, nobody replied. I looked at the leader; he was still smiling. I quickly moved forward towards him. He said again to me, “Anand Kumar, listen carefully to me. I know you are a *yogi*, but you should respect the laws of nature. You should not try to break the laws of nature by using your *yogbal*. You are an evolved person, and it is your duty to follow the rules. You also know and I am also telling you, your mother’s time is over; therefore, death is certain. Don’t put any obstacles in her death.” Then all the men vanished and I was left there standing alone and thinking, who was this leader who was preaching me like a wise man. Just then, the leader appeared before me smiling, as before. His appearance had changed, his body was glowing, and he was wearing a crown. His skin colour was a little dark, he was holding a mace in one hand and his other hand was empty. His attire was like a king. I was looking at him but could not recognize him. Then a voice from the sky said, “This is *Yamraj ji*.” He then disappeared. I then decided that I will not be an obstacle to my mother’s death.

Meaning: Spiritual seekers! At the time of this meditative vision, my mother was being treated at Safdarjung Hospital in Delhi. I indeed tried to suppress her disease. I knew that she was approaching death in a few days, but I tried to push her death further away. In this meditative vision, the river is the physical world. I have reached the origin point of this material world. Just then, a lion chased me. Lion means my ego. I had an ego in myself that I can push away my mother’s death by a couple of

months, even after knowing that she had cancer. Therefore, I had such an meditative vision.

Blue Halo (*Valay*)

This meditative vision is on August 11th. I sat down for meditation at around 2 AM in the night. During meditation, I experienced that my body is vast, and I am sitting in space. At that time, it seemed the height of my body is the same as the height of the sky. I am the only one in the whole space because I am sitting on the earth, but my head is touching the upper part of the sky. I am looking at the whole space. Far away, a blue light was circling me. That blue ring of light was spread all over the sky. I was sitting in the lotus posture and smiling. A little away in front of me was the source of a river. Going further, the river became very large, but I could also see the end of the river. For some time, I kept looking at the source and the end of the river. I did not like that river, so I turned to look at the circling ring. I started talking to myself, "I am prevailing in the whole space. I am also in the river that I do not like. The whole river is just a small portion of my entire presence." Then I got out of meditation.

Spiritual seekers! In this meditative vision, I have written that I sat down for meditation at 2 AM. But one should not meditate from 11 PM to 3 AM because, at that time, the powerful *Tamoguni* entities are more effective. But now I am not afraid of them, so I keep my meditation time from 10 PM to 6 AM. The meditation is very good and deep during this period due to the silence at night, and the atmosphere is calm. New spiritual seekers should never do meditation between 11 PM to 3 AM. I do not sleep at night. I sleep for a couple of hours during the day. I do *pranayama*

ten times in a day, also meditate in the daytime and chant *mantras*. It has been 4-5 days, and I have not slept at all because there is immense heat in my body. I think that I have great control over my *Udana Vayu*, and I like doing meditation in this condition. Since my physical body is very weak, I don't talk a lot. I have learned a lot about the physical body and the subtle body. I would definitely like to tell other spiritual seekers that if you want to be successful, then it is very important to have restraint for successful *yoga*. You should do a lot of *pranayama*, eat very little *sattvic* food and give up *Tamoguni* food.

The river in this meditative vision is the physical world. Everything from the physical world to the subtle world keeps changing. Therefore, all the *lokas* from *Paatalloka* to *Brahmaloka* are described as momentary. Since I am spread all over the space, I am visualizing the whole universe from beginning to end in the form of a river. The whole universe is situated in a very small portion of my body. This means I see myself as comprehensive. Dear spiritual seeker, recognize yourselves. You are not merely physical bodies. The land on which you live now will belong to somebody else after some time because it was not yours earlier either and it will not be yours later, still, why you think it to be yours. If you have not visited the cremation-ground, then go and see and learn from it. You are great, you are comprehensive, and you're the conscious (*chetan*). Due to ignorance, you think yourself only as a physical body and meet death. Try hard, and someday you will be able to recognize your true self.

Lord *Gautam Buddha*

This meditative vision came on the morning of September 26th. I saw that I am sitting in front of Lord Buddha. Lord Buddha is also sitting in front of me on a mat. I prayed to him, “Please grace me with your guidance.” But he did not reply. I kept looking at him, and then I see another saint sitting near him. I recognized this saint because he had guided me in 1992. Lord Buddha stood up, went somewhere, and came back in a while. He had a beautiful shawl in his hands. The shawl seemed to be royal and expensive. While showing me the shawl, he said, “Sometimes, spiritual seekers see me in this shawl.” I recognized the shawl and remembered that I had seen the same saint in this shawl who had guided me. I had mentioned the same in that meditative vision. Lord Buddha said, “I know what kind of picture of me is popular on earth.” Then he showed me a book, opened it and put his finger on a page, and told me, “These are my teachings.” I looked at the page he was pointing, but I did not understand the script because it was written in a different language. I was sitting very close to him. I said to him, “Lord, I pray to you to guide me. I want to become a great *yogi*. There are lots of shortcomings in me, and I want to remove them. I am aware that I am sitting in front of you. Right now, I can talk directly to you and pray for anything; otherwise, it will be difficult to see you again. Please guide me.” In reply, he just looked at me intensely. He was in a very calm pose at that time. He said nothing. My meditative vision ended.

Lord Buddha was about six feet tall, with a fair and well-built body. His body had a glow, and his skin was as smooth as a grape. He had no hair on his head, and he was not wearing any earrings. The saint I described in this meditative vision was the disciple of Lord Buddha. He had guided me in the Miraj *ashram* and told me, “Son, go to your *guru* and obtain perfection. In the future, society will need you.”

That same saint was seated beside Lord Buddha. Three to four months after this meditative vision, Lord Buddha gave me his teachings in Buddhism. I still remember some of them, but I am not describing them here.

My Previous Births

Spiritual seekers! Like all *yogis*, I also saw some visions of my previous birth during meditation. I had this meditative vision in Miraj *ashram*, and I have written it down. I had not described these meditative visions in this book so far. Now I will write in short about my meditative vision of past life. I remember my 13 earlier births. I can see even beyond that, but I did not think it to be necessary. I had seen my last three-four births automatically during my meditation, but I had to see beyond that as I was looking for a solution to the current problems. I don't remember my 12th birth as I came from 11th to the 13th. At that time, I did not find it essential to know about my 12th birth; therefore, I don't know about it. I remember my previous births as if they happened yesterday.

Spiritual seekers, you must be thinking how these earlier births can be seen or how do you decide that this vision is from which birth. When a spiritual seeker's throat chakra is open, and *Kundalini* is at brow chakra, then in this state, the spiritual seeker goes into *Savikalpa Samadhi*. During *Samadhi*, this information comes in the form of scenes because the *samskar* of many previous births are in the *chitta*, and based on those *samskaras*, you get the information. When you visualize the *karmashaya* of earlier births, then you see its scenes. The events that happened in the previous births are seen as *samskars* during meditation. You know through your knowledge that the event is from which birth. The spiritual seeker's divine vision

also works at that time. Spiritual seekers' capabilities are different in that state. According to his abilities, the spiritual seeker can see the details of the events. If the spiritual seeker has reached a higher state, he is capable of seeing many earlier births and getting various types of information. My inner self says that you can know from the time you separated from *Brahman* because the feeling of separation from *Brahman* is ignorance itself. This ignorance develops attachment, and then *Karmashayas* start situating on the *chitta*. One can know about the earlier births through these *vruttis* (*Karmashaya*). The events of previous birth can be clearly seen, and this happens when you visualize the *vruttis*. Similarly, a spiritual seeker of a very high state can know about the previous births of another spiritual seeker by visualizing the *samskaras* situated on his *chitta*. I remember many details of my past births. No *yogi* is known to have written anything about previous births, so I should also avoid that because it might be improper to write on this subject. Still, I am writing a little about my previous births.

Present birth- You know from this book that I am practicing *yoga*. I started practicing *yoga* at the age of 25, and since then, I have never looked back. I kept on practicing rigorously and removing any obstacles coming in the form of worldly things by sacrificing them. Many problems came, but I moved forward, bearing the pain. The credit goes to *Guru-Mata*. Due to the *karmas* of earlier lives, I admittedly got an excellent *Guru-Mata* under whose guidance I have reached the pinnacle. Now I am guiding you all.

Second birth- In my last birth, my family was in great poverty. I remember being age 7. My father and mother are in the house. My sister was just born. Then my father left home to earn money but never returned. One day I was desperate with hunger, and I snatched millet from the son of a landlord. This action made my life hell. This boy became my enemy for life. By the age of 16-17 years, I had become a

bad person. My work was to snatch from others. This is all I used to do. People in my neighbourhood were scared of me as I was physically very strong. I could beat up other adults too. During this period, I used to fight a lot. Police used to come to arrest or question me, but I would run away. The boy whose millets I had snatched was now my biggest enemy. He had two other young men always with him. Those three wanted to get me arrested by the police. Besides, my own village, I used to do snatching in other villages, on the roadside and in mango and guava orchards. One day, I came home and my sister, who was 12-13 years old at that time, said, "Brother! Please leave this dirty work. Police would come home and say bad things to mother." I said, "You don't know, I started this due to helplessness, but now it has become my habit." I was 19-20 years old at that time, and by then, I had done a lot of crimes, but I had never taken anything from poor people. I always snatched from wealthy people. Once I had also fought with the police, and that is why they were always after me. One day, when I reached home, my mother said, "You leave this house right now. I am ashamed of you. Get out of here." Just then, the police came to arrest me. I quickly ran away from there. There was a river further ahead; I crossed the river, went through the jungle, and kept running because the police were after me. I was very tired. I stumbled upon a stone, fell down and fainted. When I regained consciousness, I was startled to see blood splatters on me. I thought, where did this come from? Then I felt that I had hit my head very hard, and blood had flowed from the injury. I got up and started to walk when I was surprised to see a *yogi* sitting under a tree and looking at me. That *yogi ji* said, "Come, son, I have been waiting for you for a long time." I said *Swami ji*, police are after me." He replied, "Now police will never come near you because you have come very far away from them." I breathed a sigh of relief. *Yogi ji* said, "Forget your past life and come with me. I was waiting here for you only." For some time, *yogi ji* and I were talking, then I walked after *yogi ji* like a magnet and followed him to his *ashram*. It was a huge

ashram, and he was its owner. I started living in that *ashram*. *Yogi ji* gave me spiritual initiation and became my *gurudev*. I started practicing *yoga*. There were many pupils in that *ashram*. I became an egotistical spiritual seeker. Many times, I would not listen to my *gurudev* and only keep practicing *yoga*. My *gurudev*'s nature was very simple, and he was a *yogi* of very high stature. When I refused to stay in the *ashram*, he made a hut for me outside the *ashram*, where I started living. I used to get food from the *Ashram*, and I just practiced *yoga*. The more I was practicing *yoga*; the more my ego was increasing.

One day I had a vision during my meditation. I did not understand the meaning of it. I called another pupil and asked him, "Go and tell *Guru ji* to come and explain to me the meaning of this meditative vision." The pupil said, "You should go to *Guru ji* yourself because he is your *guru*. I said, "Don't teach me. He has to come here because through my *yoga*, I have come to know that I am his successor." The pupil went into the *ashram* to convey my message, and in a little while, *Guru ji* also came. At that time, he was delivering discourses but as soon as he got my message, he told me that he had some urgent work for two minutes and he was going. He explained to me the meaning of the meditative vision and went back. This is how my *guru ji* was. I remember once he said to me, "Son, your *karmas* are very bad, so burn some of your *karmas* by *yogbal*." I replied, "*gurudev*, I have earned these *karmas* so I will bear them; I will not destroy them." Only certain *karmas* can be burned by *yoga*. The *karmas* that are very important in life and have an important role in certain events in life cannot be burned. Impurity can also be burned only up to a certain amount.

I became the successor of the *ashram* and stayed there for a very long time, guiding other spiritual seekers. After relinquishing my physical body, I went through *Taploka* into the cover of nature and went into *samadhi*. After a few years, *Prakriti*

Devi interrupted my *samadhi* and said, “Son, you have to go to the earth as it is time for your birth now.” I told her, “Mother, I had just arrived here. Why the time for my rebirth has come so quickly?” She replied, “Everything has been arranged for you on earth. Endure all your *karmas* and then destroy them. You are about to get the fruit of your *yoga*.” I looked at the earth; the *Prakriti Devi* said, “You have to take birth here so that your *karmas* are destroyed. If you want to make any changes in your life, then you can do so now.” I said, “No, Mother.” I had seen my next birth (which is present birth) through my divine vision. To take birth, I left the cover of nature and came to earth through *Taploka*. My friends are still in *samadhi* in *Taploka*. I am practicing *yoga* and enduring my *karma* here. I had talked to my *guru* of previous birth in 1995-1996. My friend from previous birth is also waiting to reach there. I said, "I have to reach earth and live there for a long time. I have to practice *yoga*, endure my *karma*, and do some work too. Some of my pupils from last birth are with *Shri Mataji*. I have recognized 2-3 of them.”

Only a *yogi* in *prakritilaya* state can talk to the *Prakriti Devi* in this manner. Any *yogi* below this state cannot do so because, in the present birth, the *yogi* of *prakritilaya* state has to endure the remaining *karmas* on his *chitta* and then destroy them. The *chitta* once free of *Karmashaya* achieves the perfection of *samadhi*, and there is the appearance of *Ritambhara Pragna* in the *chitta* of the practitioner. Then, the time to get *Tattva-Gyan* comes.

Third birth- My third birth was in southern India. My father left the house after my birth and went to the jungle to practice *yoga*. According to his previous births, he was a great *yogi*, so he had left home. My mother somehow brought me up. My mother had to undergo a lot of problems at that time. When I was ten years old, then one day, my father came home and said to my mother, “I will take my son with me and teach him *yoga*.” My mother opposed him, then my father explained to her, “He

is a *yogi* from previous births. If I don't take him with me, he will leave home by himself." But my mother still opposed him. My father brought me to the jungle, taught me scriptures and *yoga*. I have written two meditative visions from this birth in this book. I was about 6 feet tall, fair-complexioned, and handsome in this birth. I did not get married in that birth. Somebody had put a lot of pressure on us, but my father and I did not agree. I was about 55-60 years old at that time. My father was gone out somewhere. A snake came and bit me, and I died. After death, I reached *Taploka*. At that time my father contacted me through *yoga*. After a few years, my father also died and came to *Taploka*. He is still in *Taploka* in a very high state of *samadhi*. I had contact with him in January 1996. He said, "You have to bear your *karmas* on earth. These *karmas* are going to be very painful; therefore, you have to endure much pain." He is the one who had awakened my *Kundalini* in this birth, after which it never went dormant.

Fourth birth: My fourth birth was also in southern India. At present, that place is in or close to Karnataka because the visions I see look very similar to Karnataka or bordering Maharashtra. I started practicing *yoga* at the age of 22-24 years. I did not have many visions of this birth, and I also was not very interested in knowing more.

Fifth birth: My fifth birth is somewhat important; therefore, I am writing in detail about it. I was the son of poor parents. I was not from a lower caste, but my living style was like the lower caste. Sometimes my parents had to work as laborers to fill our stomachs. Sometimes I had to sleep hungry. My mother used to work in a big house. I also used to go with her. The people of that house would sometimes give food to me. One day I stole some *rotis* as I was very hungry. I got caught, and because of this, my mother had to go through a lot. The neighbourhood boys started calling me a thief and would not befriend me. One day, I was so sad that I left my house and went into the jungle. I was sitting in the jungle when a woman came up

to me and took me with her. She lived in the jungle. I also stayed with her in her hut. She used to practice *yoga* in the jungle, and she also loved me a lot. One day for some reason, she slapped me. I got very angry and left the place. There was a river nearby. I crossed it and walked away. That woman called me back, but I did not return. I walked far away in the jungle. I don't remember how far I had gone. I was hungry, so I laid down and went to sleep. A boy of 20-22 years came and woke me up. He asked, "Who are you, and where have you come from?" I said, "I have run away from home, and I am starving." The boy said, "Wait for a little while so that I can collect more wood, then we will go together." The boy chopped some wood from a tree tied them and started to go. I also walked behind him. The boy took me to an *ashram*, and then he took me to meet his *guru*. His *guru* saw me and said, "Son, where have you come from?" I said, "I have run away from home." Then I told him my whole story. For some time, *Yogi ji (gurudev)* looked deeply at me and then said, "Son, you stay here." I started living there. I would collect wood from the jungle and practice *yoga* in the *Ashram*. In the future, this *Yogi ji* became my *gurudev*. I practiced rigorous *yoga* all my life in this *ashram*.

Spiritual seekers! The important point here is that the woman with whom I stayed for 2-3 years in the jungle is my *guru Shri Mataji* in the present birth. *Shri Mataji* also practiced rigorous *yoga* in the jungle in that birth. There is no doubt that she loved me a lot as she had no son of her own. When I left her, she was very sad. She used her *yogbal* and made a resolve, "I want to get this boy again." She did not get me in that birth because I was practicing *yoga* in the *ashram*. After that birth, I have *Shri Mataji* in the present birth. You must have known by now, how I met her and separated from her in this birth. Now you may ask why I met her in this birth and not in the earlier three births. The reason for this is *Shri Mataji* herself. In her last birth, *Shri Mataji* died in her teens due to a snake bite; therefore, she did not get

time to practice *yoga*. In the two births in between, she took birth into another body. In this birth, *Shri Mataji* has practiced *yoga*, and I also had to practice *yoga* according to my age. The resolve she had made in her earlier birth had to fructify. I went to *Shri Mataji*, and she gave me spiritual initiation. I got the opportunity to stay with her for a few years and practice *yoga*. I had left *Mataji* in that birth. Similarly, due to my *samskar* from the previous birth, I left the *ashram* in this birth to practice *yoga* in northern India and guided many spiritual seekers.

I am not writing about other births in this book because I have to focus on writing my meditative visions in this book.

I am Guru of *Trikal*

Now I will take a turn towards my home. I have written earlier that my mother died of cancer in Delhi. My family lived in Delhi, and my mother used to take care of my son. After my mother's death, my father stopped the schooling of my son, and he came back home. I could not send him to school because I could not even bear my own expenses. I would not write much about it as I was undergoing hardships. I started teaching *yoga* to my son, as I had no other option. On the evening of September 28, 1995, I made him sit for meditation in front of me. Very soon, his *Bhastrika* started. On hearing the sound, I opened my eyes. I wondered why this is happening and then again continued meditation. During my meditation, I saw that his *Kundalini* had awakened and was rising. Now, I was seriously thinking of how his *Kundalini* got raised. Just then, he opened his eyes and told me, "Papa, during my meditation, I saw- There is a *Shiv-ling* in the sky, and a snake is coiled around it. The snake has a shiny gem on its hood, and it is hissing at me. Flowers are

dropping on the *Shiv-ling* by themselves.” I explained to him the meaning of it and told him, “Go and sleep, you have to get up at 4 AM to meditate again. The boy went to sleep.

Now I was thinking- How did his *Kundalini* rise as soon as he sat down for meditation. He even told me about his experience, although he was unaware of *yoga*. He is very young and had meditated for only 8-10 minutes. The next day, I again made him sit for meditation in front of me. Then his *Kundalini* rose and came above his navel chakra. I realized that he must be a great *yogi* in his previous birth. He would sit on meditation for just 5-7 minutes, his *Kundalini* would rise, and he would get a very good meditative vision, which surprised me. In just a few days, his *Kundalini* completed its journey and got stabilized. According to my estimation, his *Kundalini* completed the journey and got stabilized in just 5 ½, 6 hours. He would sit for only five minutes and sometimes only two minutes. The speed of *Kundalini* was so fast that his eyes would open during meditation due to pain. When he meditated, then I would sit in front of him so that he did not have any pain. His divine vision was open with the casual body so he could see everything with his physical eyes. He could see everything inside the earth with his eyes open. He could see some of the subtle worlds (*lokas*) with his naked eyes. After a few days, I came to know that in his previous birth, his name was *Trikal*, which means one who knows all three times (past, present, and future). He had the capability of seeing things from the beginning of the creation. Nothing could hide from his divine vision. He could know anything. People started to come from far and wide to ask him their queries. I refused and told them that I am a *yogi*, and I have nothing to do with worldly affairs, so you all should go back. I started to learn from my son about the universe. He would answer my questions very fast because he was *Trikalagya* (Knower of three times, past present and future). I got information from this boy to the full of my

desire and then decided not to seek any more information. Now, I remembered that I was told that my *guru* is in northern India. I was thinking of many other *yogis* from whom I could get knowledge on this subject, but I did not know that it would be my own son who would guide me. His divine vision was exceptional. Nowadays, perhaps no *yogi* on this earth has such a vision. He could even see the bacteria present in water. Even the subtle higher powers respected him. Therefore, because of him, I became the master of many *siddhis* in a short time.

I was delighted that my son was popular everywhere. My father did not like this because his plot had failed. The *lokas* above called me the *guru* of *Trikal*, but I did not like the word *guru* because I did not want to become someone's *guru*. I wanted to be called a guide. I had become close to the *yogis* of the higher realms, and I had come to know many secrets of nature. Now *Swami Sivananda* was guiding both of us. His current abode is in *Taploka*. He also kept guiding me about knowledge and the different *lokas*. He would instruct me on whatever I needed to do on the earth. He also called me the *guru* of *Trikal*.

Trikal's Meeting with the Vasus

When *Trikal* was meditating, he had a vision- He has reached *Vasuloka*, where all the eight *Vasus* are worshipping the *Shiv-ling*. *Trikal* wanted to pay his obeisance to *Vasu*, but just then *Vasu* said, "*Trikal*, you should pay obeisance to your *Guru* because I live in the body of your *Guru* and *Guru* is visible." Then he got out of meditation and did *Namaskar* to me. And I asked him why he did that. Then he said, Papa, I have been told to do that." Then he told me everything, and I was surprised to hear that *Vasus* also called me the *guru* of *Trikal*. I said, "Sit down for meditation

and do *namaskar* to the *Vasus* and tell them I am not your *Guru*.” *Trikal* said, “What if I don’t get the same meditative vision.” I said that I would apply *shaktipat* on you, and you will get the same meditative vision. I used *shaktipat* and he started meditating. After some time, he opened his eyes and told me, “I had the same meditative vision, and *Vasus* said, “Come *Trikal*, you are here because of your *Guru*’s powers.” Then *Trikal* described everything to them. The *Vasus* said, “*Trikal!* Your *Guru* does not remember his earlier birth because he is in *Mrityuloka* (physical world) right now. Nature had destined him to be your *Guru* in the past time.” Then I did not say anything because I know that *Vasus* cannot lie.

In this creation, there are only eight *Vasus*. The place they live in is called the *Vasuloka*. These *Vasus* are devotees of Lord *Shiv*; therefore, they always worship *Shiva*. The eight sons born to *Devi Ganga* are these eight *Vasus*. The eighth *Vasu* was *Devvrat*, who later became *Bhishma Pitamah* due to his tough promise.

Guidance by *Swami Sivananda ji*

During my meditation one-day, *Swami Sivananda ji* said, “You should make a hut outside the village and practice *samadhi* there. In the future, you will have to do some work in that hut.” Then I made a hut outside the village on the banks of the local river and started practicing meditation there. I was secretly taught some *siddhis* here, and I started increasing my *yogbal* through *samadhi*. I had some *siddha mantras* from earlier times, which I began reciting to enhance my *yogbal*. Then I became the master of infinite *yogbal*. I received some boons which I will not reveal here because they are highly secret. I will only talk about the boon of *Adishakti Kundalini* because I used it on a female spiritual seeker, and I will mention it later.

I had pleased the *Kundalini Shakti*; therefore, she blessed me, “you will have unlimited *yogbal*”. She blessed that I will be able to accomplish whatever I wanted, using this boon immediately but alerted me against taking unfair advantage of the boon. “This boon will even work after your death because it will always stay with you.”

Dear spiritual seekers! My period from November 1995 to February 1996 was very good because I had received all the knowledge I wanted about *yoga*. Whatever I wanted to achieve, I got it. I was satisfied, and now all I had to do was only practice *yoga* and destroy my remaining *karmas*.

The Year 1996

Taking *Trikal* to Miraj Ashram

On the advice of *Swami Sivananda ji*, I started communication with *Shri Mataji* through letters because her *Guru* is also *Swami Sivananda ji*. I had written about *Trikal* in the letters. After some exchanges of letters, it was decided that I will go to Miraj Ashram and started preparing for it. *Trikal* and I left Delhi by Goa Express on 15th February 1996, and we reached Pune the next evening. Some spiritual seekers came to meet me at Pune Railway Station, and then I came to know that *Anna ji* had passed away. Miraj Ashram was in grief, so I decided to stay at the home of a female spiritual seeker in Pune who had come to see me at the station. I contacted Miraj Ashram from her house, and then it was decided that I will go there after 3-4 days. I started talking to female spiritual seeker about *yoga*. I asked her to sit for meditation in front of me, and then I told her that her *Kundalini* had gone down, and I have raised it. I had no shortage of *yogbal*, so I raised it to the throat chakra. The next day was Shivratri, so the female spiritual seeker, *Trikal* and I went to Alandi, near Pune. We stayed for some time at the *Samadhi* of *Sant Gyaneshwar ji* and returned to Pune.

While coming back on the way, *Mata Kundalini Shakti* gave me a message to open the throat chakra of that female spiritual seeker. I said, "Mother, how can I open the throat chakra, it takes many years or sometimes many births to open throat chakra." *Mata Kundalini* said, "Son, use the boon I have given to you. It will open the throat chakra." Then *Mata Kundalini Shakti* told me the process of opening the throat chakra. This was a peculiar and secret method.

Raising *Kundalini* and Opening the Throat Chakra of a Female spiritual seeker From Pune

After coming back from Pune, I said that female spiritual seeker about her throat chakra. She got thrilled to hear it. Later, I asked the female spiritual seeker to sit in front of me, and I told her, "I will open your throat chakra because *Mata Kundalini* has ordered me." She was delighted because I was going to open her throat chakra. I said to *Trikal*, "You watch with your divine vision, I am going to open her throat chakra." Just then, a voice came from female spiritual seeker's throat chakra, "You are going to open me, but where will the *karmas* of this female spiritual seeker go? First, arrange for the *karmas* and then open." Just then, I started feeling the energy and movement of *Kundalini* in my body (due to the boon). I immediately said, "Hey *Chakra!* Now open, this is my command, and hey *Karma*, you divide up into three parts. The first part of the *karma* will go to the upper *lokas*. Hey *Kali-Yuga*, you absorb the second part. In the third part, you disintegrate and merge into the earth's atmosphere." Just then, her *karmas* started to come out from her body in the form of fine black particles. They came out for some moments in a certain amount and reached the specific domains according to my command. After that, I opened her throat chakra using the method taught to me by *Mata Kundalini Shakti*. The female spiritual seeker then told me that she could feel that her throat chakra is open and was very surprised how it opened so easily. I told her that I used the boon given to me by *Mata Kundalini Shakti*. Later on, I raised her *Kundalini* to the brow chakra and opened her small brain (cerebellum). After that, I left for Miraj on the 19th.

Trikal was Tested in Miraj Ashram

I reached Miraj *ashram* in the afternoon around 4 PM. Some spiritual seekers known to me were present there. I was given a room. *Trikal* and I rested in that room. In the evening, I came out to look around. I had come here after three years, so I went to meet nearby people. The layout of the *ashram* had changed. It was very nice now, and some new rooms had also been built. In the evening, *Shri Mataji* came to the *ashram* from her house. I did salute to her and talked to her for a few minutes. Next evening a spiritual seeker from Delhi started to test *Trikal*. Lots of spiritual seekers were present at that time, and *Trikal* kept answering his questions. This continued for about an hour. Then a spiritual seeker came, and *Trikal* said, “Uncle, you did not ask me much. You only asked questions of the lower level. It would be good if you ask me about the subject of spiritual knowledge.” That spiritual seeker said, “Son, it is okay; your *sadhana* is good.” *Trikal* said, “Uncle, you say that your *sadhana* is going on in *Brahmarandhra*, but I can see that even your throat chakra is not open.” Then that spiritual seeker said nothing. This spiritual seeker from Delhi was telling *Trikal*, “Lord Buddha tells me about *yoga* during my meditation, and I write down those words after meditation.”

Opening of Throat Chakra and Raising *Kundalini* of a Female Spiritual Seeker in Miraj

On the third day in the *ashram*, I was instructed by *Mata Kundalini Shakti* to open the throat chakra of a female spiritual seeker from Jalgaon. I said to the female spiritual seeker, "I have been asked by *Mata Kundalini Shakti* to open your throat

chakra.” That female spiritual seeker got very happy. Then, I made her sit for meditation in my room and opened her throat chakra. This female spiritual seeker also experienced the opening of throat chakra, and her *Kundalini* also rose above the throat chakra. That female spiritual seeker told *Shri Mataji* about the opening of throat chakra, but *Shri Mataji* said nothing to her. On the fourth day, *Shri Mataji* called *Trikal* into her room. I also went in so that *Shri Mataji* did not have any problem in talking because she was suffering a hearing loss those days. *Shri Mataji* said, "*Trikal!* Do you know that I am an incarnation of goddess Parvati?" *Trikal* said, "*Shri Mataji*, you have a misunderstanding that you are an incarnation of goddess Parvati. There was an argument due to this, and then I got a message from *Swami Sivananda Ji* to leave the *Ashram* immediately. *Shri Mataji* said to *Trikal*, You are affected by the powerful *tamoguni* entities; therefore, this type of activity is happening. You should chant *Mrityunjaya mantra*." I got angry at that time, but I did not say anything. After that *Trikal* and I left with that female spiritual seeker to go to Jalgaon.

Opening Throat Chakra and Raising *Kundalini* of a Female Spiritual Seeker in Jalgaon

The next morning, we reached Jalgaon. I stayed in the house of my sister Anju. Then sister Anju expressed her desire, and she said, "Anand *bhaiya*, please open my throat chakra." Her *Kundalini* had not risen yet. First, I made her sit for meditation then I raised her *Kundalini*. Slowly, I brought it up to the throat chakra. I used the boon given by *Mata Kundalini Shakti* to accomplish this. When I started to open the throat chakra, then a voice came from the throat chakra, "You are opening the throat

chakra, but where the *karmas* situated here will go?" I asked myself to carry her *karmas*, but a voice came from my conscience, "I am not responsible for her *karmas*, and I do not permit to open her throat chakra." Nobody was ready to take her *karmas*. I said to *Kali-Yuga*, "You are full of unrighteousness, and sin is in your nature, so why don't you take some of the *karmas* of this female spiritual seeker." It replied, "*Yogi ji*, why should I accept her *karmas*." I got irate and said, "So, this means that I can do nothing that I want to do." Then I said, "Hey throat chakra, you open up, as I am using the boon given by *Mata Kundalini Shakti*. The throat chakra started to open, and then the *Tamoguni karmas* began to come out of that female spiritual seeker. I said to those *karmas*, "Hey *karmas*, you enter the *Kali-Yuga*." Her *karmas* went to the *Kali-Yuga*, but he refused to take them, so they came back. Then a voice from the *karmas* said, "Where should I go now; *Kali-Yuga* refuses to take me? I used the boon of *Kundalini Shakti* on *Kali-Yuga* then it took the *karmas*. Spiritual seekers! It was very wrong for me to use *Kundalini Shakti* to pressurize *Kali-Yuga* to take those *karmas*. Due to this, I fought with *Kali-Yuga*. *Kali-Yuga* said, "In my era I make *yogis* suffer, you are nothing for me." I replied, "You have not yet experienced a *yogi* like me. How will you make me suffer? In the future, I am going to bear my remaining *karmas* anyway." Then I raised that female spiritual seeker's *Kundalini* to the brow chakra. After staying in Jalgaon for some time, *Trikal* and I came back home to Kanpur.

After coming back home, I started practicing *yoga*. I would stay in the hut during the day time and meditate there. I would go back home at night. I would meditate at home in the night too, but now *Trikal* did not meditate. He would just play around. I would tell him many times to meditate, but he would say that he does not feel like doing it. He said that he would not meditate. He was under my father's influence.

I was Cursed

One day suddenly, I had a dispute with a higher *shakti* from the upper *lokas*. He was the disciple of *Dhanvantri*, and his name was *Kalyan*. The disagreement between us grew, and he suddenly cursed me. I thought, “What wrong did I do to him that he cursed me?” The curse was such that I could not bear it. I said to Brahma Ji, “Dear God! Why have I been cursed for no reason?” I heard a voice from the sky, “*Yogi!* These are my *Mayas* and I am not answerable for what I do and why I do so.” Then I asked Mother Nature, “Mother! Why has this been done to me?” But she also remained silent. I contacted many guides, but nobody had a satisfactory reply. I asked *Swami Sivananda ji*; then he said- I can do nothing for you in this matter. I only do what Brahma ji instructs me to do.” After saying this *Swami ji* went into *samadhi*. Now I realized that something is definitely going to happen. I got irate and brought *Trikal* to the hut. I said to *Trikal*, “You use your divine vision and tell me what is going on because you are the one who can see with great clarity.” I used my *yogbal* and said, “Where are you *Kalyan*, come before me. I have always respected you, and you have cursed me.” *Kalyan ji* was visible in the sky before me. He said, “*Yogi*, it was my wish, so I cursed you.” I replied, “You are in the subtle world, which is my misfortune. At this time, it is the reign of *Kali-Yuga*, and my physical body is under *Kali-Yuga* but don’t think that no *yogi* is left on this earth. What did you think when you cursed me? Now listen, you are going to be punished for it.” Then I used a special kind of yogic power, which made him feel the pain. After a few seconds, a higher power approached and told me, “*Yogi!* You have to do many other tasks, and there must be a reason for this curse.” Then there was some secret conversation, and I agreed with that higher power.

Spiritual seekers! When a spiritual seeker does rigorous *sadhana*, then on becoming pure, at the right time, the chakras start to open. This means that a spiritual seeker has to grow internally to open the chakras. Due to impurity and not growing internally, the chakras are covered with impurity and remain in an undeveloped stage. When a spiritual seeker does the *karma* of hard practice, then the impurities covering the chakras reduce gradually. After the impurities are diminished and purity increases, then the development of chakras starts. It takes many years for a spiritual seeker to open the throat chakra. Most of the spiritual seekers have to wait until the next birth to open their throat chakra. If throat chakra has to open after a rigorous *sadhana* of ten years, then the spiritual seeker has to work for ten years to destroy his *karmas* in the *chitta*. Then only the chakras open. Until the *karmas* in the *chitta* are destroyed, the chakras will not develop, which means they cannot be opened. I used the boon to open the chakras, so in that case, where would the *karmas* situated in the *chitta* will go? Who will bear those *karmas*? The rule of the *karmas* is that they can only be destroyed by enduring them.

One day *Trikal*'s divine vision was gone, and he stopped seeing anything. *Trikal* and I were cursed. Kundalini Devi gave the curse. *Trikal*'s thoughts changed, and he stopped practicing *yoga*. I tried to explain to him many times, but he got angry with me and started following my father. I knew that his downfall is inevitable. I became strict with *Trikal*, but my father was sitting in wait for his plans. My father started attacking me with a stick. Then I also confronted him, and my father became inimical to me. *Trikal* too became my enemy. The food stopped coming from home. For 1 ½ year, I received food from other villagers. Then my younger brother from Delhi came home and took away my belongings. *Trikal* became my bigger enemy than my father. He would enjoy my miseries. I cursed him and blocked his *yogbal* and put many restrictions regarding *yoga* so that my father could not take his

advantage. In the current times, he is against *yoga*. I don't know when he will recover. He now has to bear his earlier curse of a *yogi* from *Taploka*.

The Year 1997

The weakening of Curse

After one year, the effect of the curse of *Kundalini shakti* started to weaken. I was cursed, I endured a lot of suffering but I consistently continued with my *yoga* practice. I used to know everything through my inner voice. Nobody had the capability to stop my *yoga* practice. I would never stop my *yoga* practice even if I had to go through a lot of pain. *Yoga* is everything for me; it is both my work and faith. If we were to talk about my problems, then I would say that my own *karmas* are giving me pain in some form or the other. A *yogi* always has to endure the pain.

Dharma-Artha-Kaama-Moksha

I had this meditative vision on 23rd Feb 1997. I saw that the sky was covered with dark clouds. The cloud was so dark that the sky was not visible. I was lying on the ground under the clouds and thinking why these clouds are so dark. Just then, I saw the clouds crack open, and a very bright light came through the opening. The light was falling on me, and my eyes were blinded due to the dazzling light. I partly covered my eyes with my hands and looked up towards the sky. There was still a crack in the clouds. The clouds were not scattered. After a few seconds, a figure started to form in the crack. I tried to look carefully at the figure. That figure started coming towards me on the light beam coming through the crack. Due to that figure, the light was spread all around me. When the figure got closer, I could see it clearly. I saw that a man was riding a horse. He got down the horse and stood near me. He

was larger and stronger than an average person and had a turban on his head. He put his right hand towards me and said, "He has not come, or you can say that the time for him to come has not arrived yet. As soon as these dark clouds scatter, he will come to you. You can consider me as his messenger or his son. He has sent me and take this because you are now worthy of it." He was saying all this with his right hand extended towards me. For a few seconds, I was thinking who is this person referring to, "He has not come." Then a voice came from my inner self, "He is talking about *Brahman*." Then I thought, "So he is the messenger or son of *Brahman*." I was looking at him, and he was smiling. He had something in his hands which he wanted to give to me, but I did not understand what it was. He probably understood my confusion and said, "These are *Dharma* (righteousness), *Artha* (prosperity), *Kaama* (love), and *Moksha* (liberation). I have been sent to give these to you." After saying this, he put those four things in my hands. I was very surprised to see them. I told him, "Go and tell him why he has given these things to me. I don't want *Dharma*, *Artha*, and *Kaama* as they are of no use to me. I am a *yogi*, so I only want *Moksha*." But that man said nothing. He looked at me, then turned around and went away on the light beam riding his horse. The cracked clouds joined, and it was dark again.

Meaning: When I had this meditative vision, I was going through a lot of troubles. These dark clouds are my bad ego (*Tamoguni* ego). The man who came riding a horse in this meditative vision is called *Vivek,khyati* in the language of *yoga*. *Vivek-khyati* is considered the messenger of *Brahman*. *Vivek-khyati* is the gateway to *Brahman*. I have not reached this state yet, but it will happen very soon in the future. In this meditative vision, I have only accepted *Moksha*, and I have returned *Dharma*, *Artha*, and *Kaama*. A *yogi* has nothing to do with these things, so these things are worthless for me. This meditative vision comes to only those who are going to get *Tattva-Gyan* in the future.

The Year 1998

On The Path of Progress

I had this meditative vision in January. In those days, I was doing a lot of meditation. I was meditating in the hut, and I saw a pigeon-like bird sitting in a high place. It turns its neck and pecks on its feathers with its beak. Then it spread its wings and fluttered. It kept on repeating this act. I said, "This bird wants to fly." Then my meditation ended.

Meaning: Now, I started thinking- What is the meaning of this bird. Why does it want to fly? I could not understand anything. I closed my eyes and sat down to meditate to understand the meaning of this meditative vision. My inner voice said, "*Yogi*, the bird you are seeing is you. The bird wants to fly means that very soon, you will escalate in your *yoga*." In the language of *yoga* this is called *Vihangam marg* (path).

This meditative vision came a few days after the meditative vision mentioned above. During my meditation, I saw a blackbird flying in the sky and going upwards at high speed. Then I went into deep meditation. After some time, I saw the bird again. It had reached above the sky and slowly disappeared. Then I got out of my meditation. My body was weak due to meditation, although my purity had increased.

This meditative vision came in the third week of January. During my meditation, I saw a place filled with light, and the same blackbird was sitting there, which I had seen in my previous meditative vision. I had realized now that this bird could not fly further because there was no sky left; there was only light everywhere

covering like a roof. That blackbird was sitting close to the roof. I understood that the flight of this bird has ended, and then my meditation also ended. That bird is looking black because my *Tamoguni* ego has not extinguished yet. This bird will not be black once my ego goes away.

I had this meditative vision in the fourth week while chanting *mantras*. At that time, I was chanting the ‘*OM Mantra*.’ I saw a beam of light. When I did *Omkar*, blue rings would come out of the light beam, enlarge and spread in the entire universe. This *mantra* is *siddha* to me from my previous birth.

Brahman, why are You Not Visible to Me?

I had this meditative vision on 16th March. I am lying on a white platform facing the sky. There was a faint light, and I saw towards the sky- Small black particles were flying in the sky. These particles are so many that it seems like a cloud covering the sky. Then while lying down on the platform, I said loudly, “*Brahman*, why are you not visible to me? Please let me see you.” I did not get any answer. Then I again repeated loudly, “*Brahman*, why are you not visible to me?” Yet again, I did not get any reply. I looked for a while in the sky and again said, “Can somebody hear me?” Then a voice came from the sky, “Yes, I can hear you.” I closed my eyes and saw the light everywhere, and the voice was emerging from the centre of this light. I got attracted towards the light as I had never seen such an attractive light. Then the voice came again from the light, “*Yogi*, I am not visible to you because you see this darkness; this is your ego. First, extinguish your ego, and then you can see me.” Just then, I opened my eyes; I was lying on the white platform. Darkness was

spread in the sky. Then a shiny blue light came through the darkness and fell on me. My eyes were blinded. My meditation ended, and I opened my eyes.

I still remembered the bright light because it was so attractive. The sunlight is nothing in comparison to this light. That light was so beautiful that I kept thinking for a few days that I want nothing more in life. I just want to see that light.

Spiritual seekers! The place where this voice was coming, the sound of *Om* emanates from there continuously. At the time when I was asking *Brahman* that why he is not visible to me, yogic power (*yogbal*) was coming out of my mouth so intensely that the darkness spread in the sky was being pushed upwards. The only obstacle between Brahman and me is this *Tamoguni* ego, which will gradually go away with yoga practice. To extinguish this ego, one has to go through a lot of social and mental pain. In this state, a *yogi* gets pain automatically. Therefore, *yogi* has to take the help of his knowledge and plan his future path.

Be like Extinguished Embers

I got this meditative vision 3-4 days after the meditative vision mentioned above. During my meditation, I saw that I am sitting in the sky, and a young girl is coming towards me very fast. I looked at the girl carefully as she was wearing a particular type of green clothing. I thought that the colour of her clothes is very dark green and the style of wearing is also very unusual. She was covering her whole body with a single piece of clothing. I was looking at her, but she had no expression on her face. When the girl came closer, I saw that she was holding a sizeable extinguished amber. I was looking at that extinguished ember. The girl came close

to me and said, “*Yogi*, you have to become like this. See how calm this is, only ashes are left of it.” I did not reply and just looked at the ember. The girl went away, and my meditative vision ended.

Meaning: Extinguished ember means- If you put water on a burning ember, it blows steam, and only ashes are left. This means to calm down completely. No contortion should come up, and all the *karmas* should be destroyed. Achieving the stage of an extinguished ember means attaining *Moksha*. The girl was a form of Nature (*Apara Prakriti*).

I had this meditative vision on 25-26th March. I saw that I am standing at someplace. A healthy dog is sitting in front of me. Just then, a man appears before me. His body is transparent. He said to me, "Kill this dog." He also gave me a sharp weapon. I took the weapon from his hands and attacked the dog. The dog barked loudly, "*Yogi*, why did you kill me? I would have gone anyways." I did not say anything. The dog was squirming badly in front of me.

Meaning: Spiritual seekers! This dog is my *karma*. I have destroyed many *karmas* to a large extent and have also ended some after suffering them. Still, some *karmas* remain on my *chitta*.

Blessings from *Lakshmi ji*

I had this meditative vision in the last week of March. In the night during meditation, I saw that a woman was sitting on a giant white elephant. I was standing in front of her and smiling. She was very beautiful and was wearing a crown. That woman was throwing a 4-5 inch wide and transparent ribbon-like thing at me. I was

standing still and looking at that thing. That woman pointed at me to take that ribbon-like bright thing, but I did not say anything. The woman gave me a look like a *tratak* but I was standing still. Then the line of ribbon disappeared. The woman opened her mouth and directed her palms towards me. Some shiny objects started to fall out of her hands and mouth. There was a pile of those shiny objects in front of me. I immediately understood that these are expensive jewels. The woman said, “*Yogi*, take these,” and indicated towards the gems. I said, “I don’t want all this. Who are you, and why are you giving me all this?” The woman said, “*Yogi*, don’t you recognize me. Look carefully, see who I am?” Then she smiled. I said, “Yes, Mother, I now recognize you. But why are you giving me these shiny objects? These are of no use to me. I am a *yogi*, so bless me to become a great *yogi*.” Mother said, “This will happen.” Then she disappeared, and my meditative vision ended.

Meaning: The woman in my meditative vision was the Goddess Lakshmi. She was asking me to take a shiny ribbon, If I had taken that, I would have been bonded with benevolence, like building and running an *ashram* or charitable organization. If I had taken the shiny jewels- I would have become wealthy in this birth and would have name and fame, but I refused it. Therefore, my life was always spent in poverty. All those things push a *yogi* towards his downfall.

Trishna (Desire) and Kundalini

I had this meditative vision in the last week of March. I am sitting in a place filled with golden light. I looked in front of me and saw a very strong and healthy horse at some distance from me. A snake appeared near the horse. The snake was very beautiful and golden in colour. The snake raised its hood and looked at the

horse. The horse was just standing in its place. The snake elongated its body, reached the horse, and coiled itself around the four feet of the horse. Then the snake started to tighten its hold due to which all the four feet of the horse started to come together. The horse began to shake in pain. Then it freed one of its legs from the snake's coil, but the snake again got its hold on the horse's feet. Yet again, the snake started to tighten itself, and the four feet of the horse started coming closer. Again, the horse shook itself and freed one foot. This kept on repeating. The horse would free one of its feet, and the snake would again coil around it. I was sitting a little far and enjoying this activity. I was thinking about why this snake is trying to tie the feet of the horse. Just then, the snake tightened its hold on the horse's feet and made him fall down. Then the snake broke all the four feet of the horse with its tight coiling. Then the snake also broke the ribs of the horse. The horse seemed in excruciating pain. The snake also bit the horse in several places. Then the horse appeared to be breathing it's last. But the horse did not die; it was still alive.

Meaning: Dear Spiritual seekers! The horse is my desire. The golden snake is the *Kundalini Shakti*. *Kundalini* is trying to destroy my desires. In *yoga*, usually, a horse signifies mind, but here horse means desire. *Kundalini* is trying to kill the desires in me.

Roasted Grams

This meditative vision came in the last days of March. I saw that I am sitting in someplace and meditating. Then a voice said, “*Yogi*, take this.” I opened my eyes and saw a girl standing in front of me, holding something in her hands. I understood that this girl was calling me. I thought what is in her hands that she wants to give to

me. One more girl was standing a little away from this girl. Both the girls seemed to be of about 20 years old. When the girl saw me thinking, she opened her hands. There were roasted grams in her palms. I said, "These are roasted grams." The girl said, "*Yogi*, eat these grams, now you are worthy of it. I took the grams from her and started eating. After some time, the second girl also put her hands towards me. She also had roasted grams in her hands. I said, "I am still eating grams. Let me finish it." Both the girls sat there while I was eating the grams. The second girl still had the grams in her hands.

Meaning: Dear spiritual seekers! Roasted grams means- After roasting any seed in the fire, its capacity to germinate is destroyed. Similarly, with the *yogic* fire (*yoga agni*), all the *Karmashaya* of the *chitta* are burned. There are no *vruttis* remaining in the *chitta*. In this state, due to the absence of *karma*, the soul does not have to take birth to bear the *karmas*. One of those girls was *Prakriti*, and the second one was *Maya*. I took the roasted grams from *Prakriti* and not from *Maya*. This means that the effect of *Maya* will still be on me. According to this meditative vision, I will reach that stage in the future. It seems that my remaining *karmas* will be destroyed in the near future. Then there will be no new *samskaras* on the *chitta* of the practitioner. At that time, the *Tamoguni* ego is also destroyed.

The Golden Man

I had this meditative vision in the first week of April. I am sitting in the sky. I am looking downward ahead of me. There is a river down there, and a white milk-like substance is boiling in it. There is no flow in the river; only the white substance

is boiling. Just then, I see a person who has a golden body. His hair is also made of gold. He has a strong body, and he is carrying a boy in his hands. The boy also looks golden. The golden man enters the river, and when he reaches the middle of the river, I start laughing. The reason I laughed was that boy was none other than me. I had a beautiful golden body, and I was calmly lying in his arms. That man was walking into the river. I said, "Look, this person is taking my body." Then I startled and thought, "That person is taking my body, but I am sitting in the sky far away from him." Then I looked at myself and did not see my body. I was amazed, I did not have a body, and I could not see myself. That golden man is taking my body in front of me, and I am situated much above my body. My body is not where I am. I only feel that I am just present. Then I started getting conscious, and my meditative vision ended.

Dear spiritual seekers! This meditative vision is extraordinary. In this meditative vision, I cannot see my own body, but my body is taken away down there by a golden man. Golden Man- This man is also called the *Hiranya Purush* or *Hiranyagarbha*. *Brahma ji*, who lives in *Brahmaloka* and is the creator of this world, is also called *Hiranyagarbha*. My actual state is much above this place, where the bodies of *yogis* become subtle. Therefore, there is only a feeling that I am present. The *yogi* is only in a meditative state here. Being desireless and meditating makes the *samadhi* period very long. When the time comes to take birth due to the *karmas*, then due to the stimulus from nature, the *samadhi* is interrupted and sometimes also due to some requirements or needs, one takes birth, practices rigorous *yoga* and works for nature.

I am Satisfied by Myself

I had this meditative vision in the first week of April. I am sitting in a very bright place. Many spiritual seekers are sitting near me. A monk is sitting in front of me on a high seat. He is wearing saffron-coloured clothes, and his body is glowing. He is telling about *yoga* to the spiritual seekers. When a spiritual seeker asks a question on *yoga*, then the monk would answer it. After getting a solution to their problems, all the spiritual seekers went away. I am also sitting there and smiling. I have a high regard for him. When all the spiritual seekers were gone, and I was left alone, he looked at me and smiled. I did salute to him while sitting in my place. He accepted my regards and smiled. Then the monk said, "*Yogi*, do you want to ask something, or do you have any problem in your *yoga*." I said, "I am satisfied with myself." Then he smiled again. He raised his hands to bless me. Then my meditative vision ended.

My Remaining *Karmas*

I had this meditative vision in mid-April. The sun is shining in the sky, and its light is spread in all directions. A puppy is standing in the light, wagging its tail and looking at me. I am also smiling and looking at it. Spiritual seekers! This puppy is my *karma*, which will be gradually destroyed in the future.

This meditative vision is from the fourth week of April. I am sitting in someplace, and a new born puppy comes to me. I said, "How come you have remained so small?" The puppy sat near my feet. I picked it up and squeezed it so

hard that it growled in pain. Its voice was so loud that it was hurting my ears. Then my eyes opened, and the meditative vision ended.

Meaning: Spiritual seekers! From these two meditative visions, it seems that my *karmas* have reduced a lot. After all, I have to bring it to zero.

Increase of *Sattvikta* on my *Chitta*

I had this meditative vision on the 2nd of May. During my meditation, I saw a white bird flying away from me towards the sky. There are white clouds in the sky, and the light is spread everywhere. The bird is holding a large garland in its claws. That garland is transparent and shiny. There were 9-10 knots or flowers in that garland. The knots or flowers were placed at an equal distance. I would sometimes look at the beautiful bird, sometimes at the strange garland and sometimes at the white clouds in the sky.

Meaning: Spiritual seekers! The white clouds in the sky are my *Karmashaya*, which are holding virtuosity (*Sattvikta*). Now the bird is white instead of black- This means my *Tamoguna* is gradually decreasing. The way I am deciphering the meaning of clouds, puppy, and bird, the other spiritual seekers should not do it the same way. The meaning of every vision changes according to the state of each spiritual seeker.

Inactive Senses

I had this meditative vision on 6th May during my meditation. I am sitting inside the hut, and strange noises are coming from outside. On hearing the noise, I come out of the hut and that there is a nice green field and beautiful trees in front of the hut. I uttered, "My hut is built in a beautiful place." Then I heard the sound of an animal. The sound was of a wounded animal growling in pain. I looked in the direction of the sound and saw the horse-like animal lying on the ground and appeared in obvious pain. There was no flesh on his stomach, face, and all the legs. He was all bones. Only a little flesh was left near the neck and spine. The surprising thing was that he was still able to make a growling sound in this state. I was wondering who ate all his flesh. By looking at its body, one could tell that he must have been a strong animal. Then I see an elephant standing about half a kilometre away from me and looking towards me. A lion was standing a little away from the elephant. Then I see many more animals standing in a circle. I got a little scared that these animals may attack me. I came inside the hut. A beautiful lamp was burning inside the hut. For a few seconds, I was looking at the burning flame as it was very beautiful, and the entire hut was brightly lit with it. I said to this flame, "Now you should extinguish yourself; otherwise, the animals may attack seeing the light in here." The lamp disappeared. Even after the flame disappeared, there was still light in the hut. I started looking at the animals from inside the hut. The hut was closed from all sides, but I could still see the animals. It seemed that somebody had turned them into idols of stone. All the animals were standing motionless. Then I calmed myself and closed my eyes to do meditation. Then this meditative vision ended.

Meaning: Spiritual seekers! The wounded horse-like animal is depicting my desire, which is not entirely dead. It is still alive in the form of a horse. The animals standing

like statues in a semicircle are my wishes, which are now inactive. Remember that when senses become introvert, they also become inactive. They also become inactive due to arduous practice. Given a chance, they can again become active. The greenfield outside the hut is the surface of my *chitta*. A burning flame is seen in a special place of *chitta* which appears like a niche to a practitioner. The burning glow represents virtuous (*sattvic*) *vruttis*. I am asking it to extinguish itself- When the *chitta* is devoid of *vruttis* then *Ritambara Pragya* pervades. After that, *chitta* becomes self-illuminated.

Get Purified

I had this meditative vision 15-20 minutes after the meditative vision mentioned above. I am holding a human form in in my left hand. This human form is fully conscious, but it is very small in size. I am cleaning that form with my right hand saying at the same time, “Look, dear, you should get yourself clean completely.” After saying that, I again start cleaning it with my right hand, and I also think that I will clean it so much that there will be no trace of filth anywhere. After some time, that human form becomes clean, and I am holding it in my both hands. Now I was thinking about what I should do with it; then, I felt this human form is my body from inside. I was thinking of how this form will go inside my body? Just at my thought, the form got freed from my hands and disappeared after entering into my body. I laughed at this that a human form got into my body when I am a human. That human form was made of faint blue light.

Meaning: Spiritual seekers! The human form is made of blue light means that this was my causal body. Only knowledge can purify the causal body.

I had this meditative vision on May 8th, the sky is very clear shiny and blue. It is very beautiful. I am looking at the sky and getting very happy. I am sitting on top of the sky. I looked downwards and saw a *Peepal* tree. The tree seemed to be thousands of years old as its trunk was useless. The outer layer of the trunk had a small hole, and the trunk looked very dry. When looking at the trunk, it seemed that it must have been an enormous tree, but now only two branches were going upwards. The branches were also useless, and only a few leaves were left at their tips. I felt very bad for the tree. I thought that this is such a beautiful sky; it is self-lit. Then, why this dry tree is standing here, a voice came from inside me, "These two branches will also not live for long. They will also get destroyed." Then my eyes opened.

Meaning: The *Peepal* tree and its branches are my body with desires and wishes. I indeed have only two wishes and those two wishes are not bad, but they are good. I still have to destroy these wishes. I had even heard the voice, "This trunk will destroy by itself." The clear sky filled with faint blue light is my own *chitta*. The *chitta* is seen to be filled with light because it is the nature of *Sattvaguna* to be full of light. The *Sattvaguna* is present very close to the conscious self and also due to its purity, it gets the quality of a glow. When the sun's rays fall on a mirror, and the mirror reflects the sun rays, it looks as if the mirror is lighted. Similarly, *Sattvaguna* by itself is still, but because placed close to the *Chetan Tattva*, an expressive light appears. Therefore, it seems bright although *chitta* is still.

Amrit Varsha

I had this meditative vision on May 16th. After doing my meditation, I sat down and was thinking something. Just then, my eyes closed. I saw that something

is coming towards me from a distance in the sky. After some time, that thing came very close to me, and I could see it very clearly. It was a copper pot with its mouth upwards. That pot came and stopped over my head. Then the pot tilted, and I saw some watery fluid in it. The fluid was a little thicker than water, and the colour was also not very different. The mouth of the pot went downwards, and the fluid flowed on my head. From the head, the fluid was spreading all over my body, and it was a very good feeling. I was seeing the fluid coming out of the pot, I saw my own head, and I was also seeing the fluid being absorbed in my body. The fluid had flowed for some time, but it had not reduced in the pot. Then that pot automatically straightened up, and the flow stopped, and the pot started to move away from me. It began to go back on the path it had come from and gradually disappeared in the sky. I kept looking at the place where the pot had disappeared.

In a few moments, a figure appeared in that place. That figure was coming towards me from an infinite distance. When it came closer, I saw that it also looked like a copper pot. It stopped in the sky some distance away from me. It tilted, and I saw that it was filled with fluid, like before. The fluid started to flow out of the pot, and the pot slowly turned upside down. Now it was flowing out in large quantity. I wanted to know where this fluid is falling. I looked down and saw a big *Shiv-ling*. The fluid was falling on the *Shiv-ling* and disappearing. In a while, the pot got upright, and still, it was full of the fluid. The pot started to move away from me in the sky on the path it had come from and disappeared in a few minutes.

This vision had not come during meditation. My eyes had closed automatically just before the vision. I have described the pots. These pots were beautifully carved. Both had the same fluid in it. Later on, when I asked my inner being, then I came to know that this fluid was like nectar (*Amrit*) for spiritual seekers. The nectar after falling on the head was spreading all over the body and then

disappearing. This was making me feel content, and therefore, I was getting very happy.

I had this meditative vision after the experience mentioned above. After meditation, I started to chant *Om mantra*. While chanting, I went into meditation. At that time, I felt something in my body. I saw a baby turtle with its legs and mouth protruding out of its body. It was sitting very quietly with its face and legs sticking to the ground. It was not moving at all. After sometime small thorns came out all over its body and it started to writhe in pain. In a few moments, it died. I startled- It had died, and I was thinking just then an invisible force pulled the baby turtle backward, and it disappeared.

Meaning: I was pleased with this meditative vision. The baby turtle is the symbol of the group of senses. I see the turtle dying in my meditative vision, and ultimately, it dies. This means that my senses are almost dead. The point to be noted is that senses never die. Due to practice, they get introverted and remain in subtle form. A spiritual seeker achieves a state when his senses are like the dead. A practitioner should always be alert until he gets *Tattva-Gyan* because even a little carelessness can make the senses extroverted and bring downfall to the practitioner. Therefore, the practitioner should always be constrained and never careless.

Dharma Kaanta (Scale)

I had this meditative vision on the night of 22nd-23rd May. In my *yoga nidra* I saw a sky with shiny blue light. There is a weighing scale in the sky, which is very big and covers the whole sky. I am looking at the pointer on the scale. The pointer

sometimes moved to the left and sometimes to the right, and it is changing very quickly. I looked at the pans of the scale. Both were going up and down, respectively. I wondered why the scale is not still. After some time, my meditative vision ended.

Meaning: When I opened my eyes, I thought that this type of scale is with Lord *Dharmaraj*, but why do I see that scale. That scale decides the right and wrong in this universe, but why do I see this scale. Why is this scale not stable? This means that there is a problem in righteousness, and unrighteousness is increasing. Spiritual seekers! This scale is always present before Lord *Dharmaraj* and decides between righteousness and unrighteousness and justice and injustice.

Mani-prabha (Light of A Gem)

I had this meditative vision in June. I saw that I am standing in the crystal blue sky. A little distance away from there is a beautiful bright jewel. The jewel was looking very nice to me. Then I reached the jewel by crawling on my stomach. My face was just a foot away from the jewel. When I reached the jewel, its light fell on my face. My whole body started to circle the jewel. The jewel was stationary in its place, but since my body was circling the jewel, my face was also going around it. But my eyes were fixed on the jewel. After some time, my body stabilized, but I was still looking at the jewel. I was smiling and thinking about how beautiful is this jewel and its beautiful glow was very attractive. Then the jewel went up a little higher from me and vanished. Now I was standing in the blue sky, and then my meditative vision ended.

Meaning: Spiritual seekers! I am standing in the blue sky- This blue sky is my own *chittaakasha* (sky related to *chitta*). It is glowing blue because it is related to the causal world. Gem- this is the *sattvic vritti* of the *chitta*, which is being seen in the form of a gem. It signifies a higher state of *chitta*. When a spiritual seeker sees this type of gem, he should understand that he is going to achieve a high spiritual state very soon. When the *Kundalini* of a spiritual seeker has stabilized, and he keeps on practicing samadhi, then in his *samadhi*, he is able to see the sun. He can see this sun once or several times. Then after more practice, he can see the moon. This moon looks very beautiful, and it can be a full moon, half-moon, or like the moon on any other date. This moon has no dark spot. It is very pure and white, unlike the real moon. When the spiritual seeker's practice increases, then he endures the remaining *samskaras*. In this state, there is *Tamoguna* present in the *chitta*. To end this *Tamoguna*, the spiritual seeker has to do rigorous *sadhana*, and he gets into a lot of problems because he is enduring his remaining *samskaras* at this time. If the spiritual seeker is doing arduous *sadhana*, then sometimes he may see dark clouds in the sky during meditation. These clouds are the *Tamoguni Karmashaya* of the spiritual seeker. Sometimes a shiny star is also seen amidst the dark clouds. This brilliant star looks very beautiful among the dark clouds, and one wants to continue gazing at it.

Spiritual seekers! After bearing the *samskaras*, these dark clouds are destroyed because the *Tamoguna* has decreased. In this state, the spiritual seeker has to undergo a lot of humiliation in the world. Therefore, these remaining *karmas* are stressful. While bearing these stressful *karmas*, the desires of the spiritual seeker will diminish because he suffers pain from the person with whom he has an attachment. He may get grief from his friends and relatives, although he can get hurt from anyone in society. Due to these sufferings, he loses interest in this physical world. If we think differently, these sufferings are helpful for the spiritual seeker. It helps the

spiritual seeker to become free of attachment to this world and he starts getting knowledge. When a spiritual seeker sees *Maniprabha* (light from a gem), then one may understand that he is going to attain a higher state. This jewel is clear like crystal. After some time, the mind of the spiritual seeker also starts to become clear like crystal. This is the highest state of *chitta*. Spiritual seekers! After the *Kundalini* becomes stabilized, and after many years of practice, one can see the sun, moon, stars, and *Maniprabha*. These are the different states of the mind because this *vritti* is pure *Sattvaguni*. Hence it takes the form of a jewel. In this state, there are still some remaining *samskaras* present in the *chitta*, which the spiritual seeker destroys by enduring them over the years. The spiritual seeker gets this state in his last birth, which is achieved only by very few spiritual seekers. It is very difficult to know how many spiritual seekers have achieved this state.

Riding the Success

I had this meditative vision in June. I am riding a mongoose, and it is running at high speed. There is a massive mountain in front of me, but the mongoose reaches a peak with me very quickly. After reaching the top, I looked around and saw a deep valley down there. I got down from the back of the mongoose; then, the mongoose sat down a little below the peak. I was laughing loudly and said to the mongoose, "After bringing me up here, you are sitting comfortably down there." I was laughing while standing at the highest peak of the mountain. There was bright golden light spread everywhere. My meditative vision ended here.

Meaning: Spiritual seekers! Mongoose is a small animal. But I sat on it very comfortably. The top of the mountain is very high, but it climbed very quickly- I

will get success very quickly. The mountain was black- it is the symbol of painful and *Tamoguni samskaras*. I am standing at the top of the black mountain- Hence in the future, I will win over pain, sufferings, and *Tamoguni samskaras*.

Maya and Ignorance

I had this meditative vision on 5th August- I am sitting on some high place. A man is standing down far away from me. He is holding the ends of two ropes in his left hand. Two women are tied to the other end of the ropes. The rope was wrapped around the women, and there was a noose around their necks. The women were standing a little away from the man. These women were very scared of the man. The scene was such that it looked as if a juggler has a rope tied around the neck of the monkey. Similarly, the man had tied ropes around the necks of the women. The man was pulling the rope, and the women were trembling with fear. I was sitting away from them and telling myself, "This man is making the women dance like a monkey." The man said something to the women, and they nodded their heads in agreement. Just then, the man yanked one of the women and said, "Ask for forgiveness and leave this place." The woman standing in the front lay down on the ground and pleaded for forgiveness. Then she said, "I will not trouble him anymore, and he will not be affected by me." I was watching this scene from a distance, and I started thinking, "Who is this woman asking for forgiveness?" I don't know this, but why are these women so afraid of this man, and she was still lying on the ground, pleading for forgiveness. Then my meditative vision ended.

Meaning: Spiritual seekers! These two women were not ordinary women. One was wearing green *sari*, the other was wearing a red *saree*, and both the *sarees* were

decorated with sequins. They also had beautiful small crowns on their heads. These women were delusion and ignorance. The woman who was asking for forgiveness as ignorance. The second woman in red *sari* was delusion (*Maya*). The man who had tied these two women with ropes was the symbol of knowledge. One thing is very clear in this meditative vision is that when ignorance asks for forgiveness and herself says that there will be no effect of her on the practitioner then one should understand that the practitioner will very attain *Tattva-Gyan* in the future.

The Scale

I had this meditative vision on the 11th of August. I saw a huge weighing scale in front of me. I am sitting on the right pan of it, and some things are kept on the left pan. I could not see what was in that pan. Then both the pots came almost at the same level. But before my pot could go up, a clay *Bambi* (shelter for cobra) appeared. The pot on which I am sitting got stuck in that *Bambi*. I was watching from a distance and uttered, “This *Bambi* is an obstacle for me.” The meditative vision ended.

Meaning: In this meditative vision, I am in two forms; **first**, I am sitting on the scale, **Second**, I am watching all this from a distance. While being weighed, my pan gets stuck in the *Bambi*. Cobra lives in a *Bambi*. Cobra is the symbol of ego, and this means that there is still some *Tamoguni karma* left on my *chitta*. The body sitting on the scale is my subtle body. The body standing at a distance is my causal body. This is the reason the body was able to watch the whole vision. The meaning of this meditative vision is that I still have to purify my *chitta*, which has some ego left.

Merging of *Tamoguni* Ego with The Main Source

I had this meditative vision in the last week of August. At noon during my meditation, I saw- I am looking at an old *Bambi* made of ancient clay. I could see a small hole in that *Bambi* very clearly. My focus was on the hole, and then I saw an old cobra coming out of the hole towards me. I saw that this cobra was much longer than usual. When it came closer, I noticed that a spider-like creature was clinging to its back, about 5-6 inches behind its face. I thought, how is this creature clinging so hard to the cobra as it is not easy to cling on the back of the cobra. As I was thinking this, the cobra came very close to me. I was shocked and thought that what this cobra has to do with me? Then that cobra raised its hood and tried to enter my heart. I immediately said, "Wait, you cannot enter my body." I immediately recited *Omkar* and the cobra stayed back in its place. The mouth of the cobra had already entered my body (heart) and the rest of its body was outside. In my meditative vision at that time, I was sitting in meditation. I said to the cobra, "Get out of my body." Just then, I heard a voice from my *chitta*, "*Yogi ji*; let it enter you. This is your *Tamoguni* ego, and it is merging with its source." Then I said nothing. The cobra entered my body. I was looking at the *Bambi* when my meditation ended.

Spiritual seekers! The home of the termites is called *Bambi*. The termites make their home out of the mud, and it has holes in it. In the physical world, snakes live in these types of places. The cobra looked very old by its face. I sat down on meditation again to find out the meaning of the creature sitting on the back of the cobra. Then I came to know that the spider-like creature was the symbol of ignorance. Generally, *avidya* comes from *Tamoguni* ego because ignorance is present as a seed in the *Tamoguni* ego. During *samadhi*, the ego gets introverted in the *chitta*. Once the *samadhi* is over, the ego once again becomes extroverted and

comes into practice. The ego is never destroyed. With the practice of *samadhi* and some restraints, the ego slowly gets purified. As purity increases, the ego gets introverted. Then *avidya* also weakens, and ignorance gets destroyed from the *chitta* of the practitioner. The purer the ego is, the more comprehensive it will be.

Spiritual seekers! You can understand that this meditative vision is of a high state. To reach this state, I had to undergo a lot of pain as some *samskaras* were left after the *Nirvichar Samadhi*. These remaining *samskaras* are very painful. These *samskaras* cannot be destroyed by *yogbala*; they have to be endured or experienced to destroy them. I am suffering due to these *samskaras*, and after some time, I will be free of them. I saw with my *yogbal* that there are still some *samskaras* left on my *chitta*.

Mother *Kundalini Shakti*

It was *Navratri* (auspicious nine days dedicated to goddess) during the last week of September. For several years, I have been invoking *Mata Kundalini* during *Navratri* to drink milk; then with my divine vision, I see that she has received the milk or not. Like every year this year also I invoked *Mata Kundalini* to drink milk. On September 21st I sent a small part of milk to her through my *yogbal* and sat down in meditation. After some time, I saw that an empty bowl dropped from the sky in front of me. The empty bowl merged into the bowl of milk, which I was sitting along. I understood that *Mata Kundalini* drank milk.

Spiritual seekers! While feeding milk, I always experienced that the empty bowl would come back from the sky and disappear into the physical bowl since the

subtle part of the bowl would also go with the milk due to *yogbal*. If I am carrying a glass of milk, then the subtle milk and the subtle glass would separate and go into the sky. Then the subtle glass would come back and merge with the physical glass.

The next day, I made a resolve that *Mata Kundalini* would drink milk from this physical bowl. Then I sat down on meditation and saw with my divine vision that- a large glass filled with milk is in front of me. I am looking at the milk, and the milk is reducing by itself. Then I see a snake in the milk. The snake is inside the milk and drinking it. After some time, the milk is finished. A clean glass is left with a snake in it. The snake raised its hood out of the glass and entered into my body. Just then, my eyes opened. I understood that this snake was the form of *Mata Kundalini Shakti*. The glass of milk was full because *Mata Kundalini* drank milk only in the subtle form. Spiritual seekers! Always keep in mind that divine powers don't take food; they only respect their devotees' feelings. *Kundalini Shakti* did this due to my stubbornness. Therefore, they respect the feeling of surrender.

After this, whenever I fed milk to *Mata Kundalini*, then I would see that slowly the level of milk in the glass would decrease. Only an empty glass was left. Those days, I was contemplating a lot on *Kundalini Shakti* because I had received infinite *yogbal* due to *Kundalini Shakti*. *Kundalini Shakti* had given me a secret method due to which I never had a want of *yogbal* in any work. During *Navratri* I did special prayers for *Kundalini Shakti*, and I fed her milk too. I would take out the subtle milk from the physical milk and send it to *Mata Kundalini*. I watched this activity through my divine vision.

Ego

I had a vision on 1st October during yogic sleep. Where ever I go on this earth, there are snakes everywhere. I see snakes in everything. If I break small plants, small snakes even come out of it. But I am not scared in any way. Just then, I cut a small branch of a tree, and a snake came out of it. I was surprised to see snakes everywhere. I went a little forward. The road ahead was ascending, and I kept on climbing. Small snakes were lying on the way. I thought I might not trample on those snakes, so I started to pick them up and throw them away. Then I climbed the way. Then my meditative vision ended.

Meaning: Spiritual seekers! Later on, I thought- why I saw snakes everywhere and why they were present in each particle. After some time, I understood. This is the ego in physical form. It is present everywhere; therefore, it is seen in everything. The whole creation is created due to the ego, which gets extroverted, being divided into acceptable (*grahya*) and acceptance (*graham*). Spiritual seekers, the snake form of *Kundalini*, and the ego are different from each other.

Tamoguni Ego

I had this meditative vision on 3rd October during yogic sleep. I am passing through a forest area. Then I saw that I am holding a large tree branch in my right hand. I have kept the branch in front of me, and I am pushing it forward while walking. I am having no problem while passing through the jungle. After some time, I felt that something is wrapped around me. I turned to see and I was stunned that a snake had wrapped itself around my waist and half of its body was dragging on the

ground. I tried to free myself from the snake, but I was unsuccessful. I looked in front and saw a man standing there. I said to that man, "A snake is wrapped around my waist; please take it out." The man said nothing; instead, he moved a little forward, snatched the branch from my hand and threw it away. Just then, the snake unwrapped and disappeared. I was standing in golden light on my own. The forest area was still there, the path looked clear, and I moved forward. I saw golden and white snakes, dead on the road. I was surprised to see dead snakes on the road. I picked them up to check and found their body to be stiff like wood. I was once again surprised to see their wood-like body and why there was no flesh on their body. Then I laughed and said to myself, "They are dead." Now I was kicking the bodies of the snakes to one side or sometimes crushing them while moving forward in the light. My meditative vision ended.

Meaning: Spiritual seekers! I am writing the meaning of this meditative vision- The forest I am passing through with a branch in my hand is this very physical world. The branch is depicting a part of this world. The snake wrapped around my waist is my ego. After leaving all the worldly materials, one gets free of ego. Hazy light- Due to *Tamoguni vritti*, hazy light is visualized. Seeing dead snakes on the way- After ego is confronted and exposed, it appears in the *jar* form because the ego is a defilement of *chitta*. After a defilement is seen through, it appears as *jar* form. At the end of my meditative visions, first, I kick away the dead snakes onto one side, and I am moving forward after trampling on them. First, I will write the meaning of holding the branch- Since I am holding it, but when I discard the branch, then I will be established in myself. I will have to leave all worldly objects. My knowledge (*Gyan*) is guiding me to let go of all physical materials, and then God will take care of my needs. Spiritual seekers! I will achieve this state after some time.

My Karma

I had a meditative vision during yogic sleep in the afternoon of 4th October. A white puppy came in front of me. It stood in front of me and barked at me. I was looking at it. The barking of the dog was very loud, and it was hurting my ears. I was surprised that this puppy had such a loud voice. Then my meditative vision ended because my eyes opened due to the pain in my ears.

Meaning: As soon as my eyes opened, I understood that the puppy is my *karma*. My remaining *karmas* were showing their effect on me. It was standing a little distance away from me and not harm me. But it was showing its resistance towards me. I was thinking that it was not hurting me because it was very small and white (the colour is very important). Spiritual seekers! These are my remaining *karmas*, but they are in *sattvic* form because the puppy is pure and white. Probably the *karma* will be exhausted to a very small amount because it became extroverted by being active. Now it has to decrease. The future will tell when my *karmas* will end.

A Dead Tree

I had this meditative vision on 14th October in the morning during meditation. A dead tree is standing in the hazy light. It has thick branches that are completely dried up. I am looking at this fallen tree. After some time, the branches of this dead tree disappear. Now only the trunk is left. This trunk is also dried up. Here the meditative vision ended.

Meaning: You must have read earlier that I had a meditative vision on May 8th. In that meditative vision, I had seen two branches with green leaves, then I came to know that these two branches will also not live long, and the trunk will automatically get destroyed. In today's meditative vision, the tree has thoroughly dried up. After some time, only the trunk was left, which also dried up and became a waste. This meditative vision came in hazy light, which means I saw it under the effect of *Tamoguni vritti*. Now I have no desires towards this world; therefore, the tree was completely dry. It is clear now that my *karma* is also exhausting because the *karmas* come out in the form of *vrittis*. But the root of the dry tree is still present in my *chitta*. The *chitta* has to be very clear as a crystal. It will take some time for my *chitta* to be cleared, and while clearing, I have to endure the *karmas* in some way or the other. In the meditative vision after some time, only the trunk was seen in a very bad condition. This means that the *karmas* present in the *chitta* will also exhaust like the dry tree. This dry tree is also the *karma* and now it will never be green. Its existence will slowly end, and there will be nothing left of the tree. Its entire existence merges with nature. Similarly, when there is no *Karmashaya* left in the *chitta* then slowly, the *chitta* will become free of *karmas*. It happens after years of practice. In this state, there is an appearance of *pragya*, which makes the *chitta* serene and clear. This occurs in the last birth of the practitioner.

This meditative vision came in the third week of October. In my yogic sleep, I saw that there is golden light spread everywhere. I am climbing a long and uphill path. I turned back and saw that I had come up with a long and challenging path, but there is still some elevation left to climb. Now I am feeling a little tired, but a little elevation is still left, so I did not stop and kept moving forward.

Meaning: Climbing signifies success in the future. The longer and higher the elevation is, the bigger the success is. If a spiritual seeker during meditation sees that

he is unable to climb, then one should understand that he will not succeed now. If a wall or a hill appears in the way of the spiritual seeker which he is unable to cross through, then one should understand that his success has been blocked. If the spiritual seeker is going somewhere in his meditation and a valley appears in front of him, then the meaning of this is also that an obstruction has come in the way of his success. When a spiritual seeker has these kinds of meditative visions, then sometimes the spiritual seeker also faces obstacles in the physical form.

Prabha (Effulgence)

I had this meditative vision on 21st October during morning meditation. As soon as I entered into deep *samadhi*, a light appeared. I was startled to see the light, my eyes opened, and meditation broke. For a moment, I felt that the room I am sitting in is filled with light, but when my eyes opened, the room was dark because it was not morning yet. I closed my eyes again and sat down for meditation. On closing my eyes, the light appeared again. I was again startled, and I opened my eyes again. I sat in the darkness of the room and thought why my eyes open as soon as the light appears. I understood that this light appears in my *chitta*. I again closed my eyes and sat down for meditation, the light appeared again, but my meditation did not get distracted. I sat in meditation, forgot myself, and went into deep meditation.

Extinguished Ember

I had this meditative vision on October 22nd during meditation in the morning. I saw a largely extinguished ember in front of me. I looked at it carefully and thought that it is completely extinguished. After some time, it disappeared, and I went into deep meditation.

Meaning: I have written about extinguished ember earlier. It means that the *yogi* is now calm as an extinguished ember. All his desires have been quelled, and his senses are introverted and have been overcome. Nothing is left to endure anymore. When a *yogi* gets all these qualities in him, then he becomes like an extinguished ember. A *yogi* has to become like an extinguished ember to achieve *nirvana*. I will get this state after many years.

Maya

I had this meditative vision during yogic sleep after the meditative vision mentioned above. After meditation, I laid down and closed my eyes, and went into yogic sleep. Then I had the meditative vision- I am following a woman. I ran, and in a few minutes, I caught that woman. I held her hands tightly. That woman was very beautiful, and she was scared of me. I was holding her right hand with my left hand and pressing her face with my right hand. The woman was scared, and she was trying to put her hand over her face, but I was removing her hand and tormenting her. Then I said to her, “Why did you deceive me, and why did you keep me deluded?” I was repeating these words, but she said nothing. I was thinking- She was my wife; then why did she keep me in confusion. Just then, she got out of my hold and ran away.

While running away, she turned into a little girl. Now she looked like a 2-3 years old girl. She was running very fast, but I also ran and caught her as she had fallen. When I reached the little girl, my body became huge. My hands had grown very long. I held the girl in my fist and said, "Now, you can never get free from my hold." I squeezed her in my fist, but the girl's size got smaller and smaller, and finally, she disappeared. When I opened my fist, I saw that the girl was not there. I uttered, "Oh! This was only my imagination." Then my eyes opened, and the meditative vision ended.

Meaning: The meaning of this meditative vision is that the girl was a form of *Maya* because, in my meditative vision, I had said: "Why did you keep me, deluded?" Delusion is caused by *Maya*. But why am I thinking this way, this woman was my wife in a past life and still she continued to delude me? Does past time mean eternity? These days I have significant changes inside me. Now I have a sense of reclusion. This internal change has been for a while, but externally, I look like a social person. This is so that society cannot recognize my true form.

Resolve to Get Situated in Your Own Self

I was sitting for meditation in the evening of 24th October. In my meditative state, I heard a voice from my *chitta*, "Yogi, now you should not desire for anything in this universe. Now you should only wish that you see God, or you can situate yourself in your own Self. You should not desire for anything else besides this. You should not desire for any other world or any status in that world. You should not aim to achieve anything on this earth. When sitting for meditation, you should resolve to see God or to establish yourself in your own form. Between the two, you should

resolve the choice, which is dear to you. Now during my meditation, I started to think about these words and which choice I should make. Then I decided, "I should resolve to establish myself in my own form."

Meaning: This voice had come from my *chitta* such a *vritti* is very *sattvic*. I have written earlier that I visualized the personification of my ego. Ego is the first defilement of *chitta*. After facing my first defilement, I should now face *asmita* (sense of self identity). Consider *asmita* as a knot joining inert and consciousness states. After visualizing *asmita*, one knows the difference between soul and *chitta*. So, my aim should be to establish in Self.

Not to Tell Anyone About Experiences

On the afternoon of 25th October, I was writing an article on some subject. My eyes started to close. I was feeling very sleepy because my eyes were closing. As per my nature, I do not sleep during the daytime. But I don't know what had happened to me. My body was feeling very heavy, and my eyes would not open. I had to stop writing. I closed my eyes and started to think of what was happening to me; just then, I heard a voice, "You may sleep now as you are going to get a message." I laid down on the cot and fell asleep. In my yogic sleep I heard, "Now you are not going to tell anyone about your *yoga*. Nobody should know about your success in *yoga* or your state on the path of *yoga*. If you tell anyone of your yogic state, they will laugh at you in the future and will not understand you. It is your nature to tell everyone about your capabilities, but from now, you will not tell anyone about your *yoga*." With these words, the voice stopped, and my eyes opened. Now there was no sleep in my eyes.

Not to Resolve to See *Karmashayas*

On 26th October, I resolved during my meditation, "Show me my remaining *Karmashayas*." Just then, a voice came from my *chitta*, "Yogi, do not resolve to see your remaining *Karmashayas* anymore because very little of it has remained, and there are particular *Karmashayas* which you will have to endure. In this situation, you should never resolve to see your *Karmashayas*." After hearing these words, I kept thinking about them for a long time, and then I went into deep meditation.

Today, a worldly incident happened to me, which made me tense. I tried very hard not to get stressed but could not keep that stress out of my mind. On the evening of 27th October, during meditation, I came to know about that incident. The words of this information were, "After this incident, your state will definitely be ultimate, and like other supreme *yogis*, you will move forward on this path." I was pleased to hear these words. Just then, I got out of my meditation.

Chitta is Towards Sanctity

On 27th October at 11 AM, I went into my hut to do meditation. It is my nature that when I go inside the hut to meditate, I first chant one mala of *Shakti mantra*. Therefore, I started to do the chanting. Then I heard a voice from the sky, "You wanted to see your *Karmashaya* so that you will see it in your meditation after the chanting." I completed my chanting and sat down for meditation. Then I heard a voice, "First make a resolve to see your leftover *Karmashaya*." I resolved, "I want to see my leftover *Karmashaya*." After a few moments, I saw a shiny white substance little away from me. It started to come towards me and stopped a bit away

from me. I could not understand what that white substance was. It looked like a little heap. Just then, an urn appeared near it. The mouth of the urn was upwards, and that white object started to go inside the urn even though it was a foot away from the urn. I was sitting at a distance and smiling while watching the action happening. Then a thought came to me, "What is the meaning of this urn, and why do I see it?" Then I heard a voice, "Consider this urn as your *chitta* and the white substance as a form of knowledge. This *gyan* will spread all over your *chitta*." Then I could see what was happening inside the urn. The white substance was filling the urn, and slowly, it came to the top. Now, this white substance in the urn looked like butter; a glow was coming out of it. The urn tilted a little, and the white buttery content started to spread in the sky and disappear. At that time, I heard a voice from the sky, "*Yogi!* Now, you may live on this earth, wandering, unafraid, free of desires, and all types of stress. Do not worry about food, as God will provide it for you. Now you may consider yourself *Nityamukta* (ever free) because, in the future, you will be *Nityamukta*." Just then, I got out of meditation.

I sat down happily and started to think about these words, "You consider yourself *Nityamukta*. You free yourself of all desires and stress and wonder on earth unafraid." I was delighted to hear these words. The buttery substance from the urn spread all over the sky, which will purify my *chitta*. With the purification of *chitta*, excellence in *samadhi* is achieved which is also called perfection in *samadhi*. After this, there is the presence of *Rithambhara Pragya* on the *chitta*.

Soul and *jiva*

I had this meditative vision after the experience mentioned above. During my meditation, I saw- A white and bright light appeared. It was round in shape. I was looking at the light in a happy mood. After some time, the light came closer to me. In that light, I saw two tiny baby birds. They looked very beautiful. They were white, and I felt like looking at them more and more. Both the birds were facing me. One of them was very quiet and was not moving at all. The other one was fickle, and it was looking here and there. It was shaking its head and sometimes looking at the quiet bird. The playful bird had a strange beak. I was surprised to see that its beak was not as beautiful as the bird itself. After some time, the playful bird put its face on the neck of the quiet bird, but the quiet bird kept sitting quietly and did not do anything. I was smiling at the quietness and the playfulness of the birds. Just then, my meditative vision ended.

Meaning: Spiritual seekers! The bird with a quiet and calm nature is the symbol of the soul. There is no flaw in the soul; it only stays like an observer; therefore, that bird was calm and quiet. The playful bird is the symbol of the individual soul. The being in the form of a bird is attracted to the everchanging nature which consist of three attributes; therefore, it eats the fruit of pleasure and pain. The bird, which is the form of the soul, does not get attracted by the nature, consist of three attributes, and stays only as an observer; therefore, it looks calm. The other bird (being) has an ugly beak because it is attracted by the nature, consist of three attributes, and experiences pains and pleasures. The important part of the meditative vision is that the bird signifying individual soul has put its face on the neck of the bird signifying soul, which means that in the future, it will be oriented towards the soul. This will only happen when it overcomes its attraction towards nature, consist of three

attributes, which means in the future, my attraction towards nature will end through practice. Then I will start to get established in my own form.

End of Impurity is Definite

On the morning of October 29th, I was meditating in the hut. During meditation, I saw- A beautiful golden urn appeared before me. After looking at it for some time, I noticed that two hands were holding the container; both the hands were very dark in colour. I startled to see those hands and wondered whose hands were those? Then I was able to see the inside of the urn. It was filled with a dirty black liquid. I immediately understood that this is related to *Tamoguna*, and it is a bad omen. I was looking at those dark hands. I moved my eyes upwards to see who was holding the urn. Then I saw that those hands were very long and went into the sky. Then I saw the body of a woman from knee to chest. I was wondering why I saw only this much part of a woman's body in the whole sky. I could not see the region below the knees, even when I tried to look downwards. I could not see the shoulders and head of the woman because the whole sky was up to her chest. Now when I looked at the golden urn, the hands had tilted the urn. The thick black liquid was flowing out of it. Then I said, "Wait, this black liquid is a bad omen. Is it being dropped on me?" Then a voice said, "No! This liquid is not being dropped on you. Look downwards and see who it is being dropped on." I looked downwards to see that it was dropping on a woman who was sitting with her hair untied. The woman was very dark, and she was sitting with her back towards me. The black liquid was disappearing after falling on her head. Just then, I felt that I had become taller. Now the dropping of the liquid from the urn had stopped and the woman was sitting in a

meditative pose. The woman's body started to move forward. There was water filled in a large area, and it was very clean. The woman's body reached the surface of the water in the meditative pose, and then she slowly started to go inside the water. Then my divine vision also increased as the woman was going into infinite depth. I could see into the very bottom of the water. Later the woman's body merged with water and disappeared. Now I turned my eyes towards the golden urn, and it was still filled with the black liquid. Then I asked, "Who is this woman on whom this black liquid was falling, and why did she disappear in the water?" A voice answered, "This was your impurity, which has now disappeared." The meditative vision ended.

Meaning: This impurity works as an obstacle in the path of *yoga*. The present era is the era of *Kali-Yuga*. In this era, impurity is prevalent. During my meditation, I had talked to impurity several times. The woman who was holding the golden urn was not completely visible to me. I cannot write about her right now. During my period of *sadhana*, I had never seen such a large body. *Kali Devi* and *Chandi Devi* are the goddesses of impurity (*Tamoguna*). Both are forms of *Adishkati*.

This impurity is present on the *chitta* of the *yogi*. After the destruction of the impurity by pure knowledge and when no desires for worldly pleasures are left, then *gyan* of the highest state generates. With this knowledge of the highest state, the *yogi* can establish himself in himself/his soul. The *yogi* who practices to establish himself in his soul is called "*jivanmukta* (liberated while living)." Therefore, it is essential to remove the impurities from the *chitta*. A practitioner cannot situate himself in his soul without eliminating the impurities. I have used the word impurity here. This impurity comes from the *Tamoguni karmas*, and the reason for it is the *Tamoguna* present in the *chitta*. Today in this world, the business of *tamoguna* is widespread. *Chitta* becomes defiled due to this, and this defilement of *chitta* is called impurity. The woman on whom the black liquid was falling is situated in my *chitta*. The black

liquid is also full of impurity or *Tamoguna*. The clean water is the good *karmas* situated on my *chitta*. That woman has merged with my remaining *samskaras*. This means- When I will destroy this impurity by enduring it with practice, I will have to suffer a lot. This is also sure that the impurity will be destroyed, and after that, my *chitta* will be very pure.

Path to Upward Journey after Discarding Physical Body

I was meditating in the hut on 30th October. I saw during my meditation- In the sky above, a bright light started to shine, and then my glance went upwards where the light was shining. The light was still spread in that place. Slowly the light diminished. After the light disappeared, a shiny white cloud became visible in its place. There was faint darkness also in some areas in the cloud. Now a hole was visible in the white clouds. The clouds started to come down but my eyes were set on the hole in the clouds which was shaped like a moon. After a few moments, the white cloud was above my head and the hole looked very big. The hole was right above my head, and I felt as if the hole was in the upper part of my *Brahmarandhra*. For a moment, I forgot that this hole was in the clouds. Now the hole was visible to me on the upper part of my *Brahmarandhra*. It felt as if the hole is in the upper part of my head. After some time, the hole started to move upwards, and now the surface of the clouds was visible to me. The hole was very clearly visible.

Just then, a voice from the sky said, "*Yogi*, look at this hole carefully; the astral body of a *yogi* comes up through this hole. Now, look at the upper part of the hole."

Just then I went upwards through the clouds. I could see the clouds below me, but my sight was still on that hole. A voice from the space said again, “The subtle body of a *yogi* comes up through this hole. Look at the sky above. A *yogi* stays in the space here.” I looked at all sides of the sky. It was very clean and calm. Then I came down through the clouds. The clouds and the hole were situated a little away from me. The voice came again, "As soon as a *yogi* leaves his physical body, he goes up through this hole by his subtle body. The subtle body of the *yogi* comes out through the upper part of his *Brahmarandhra*. There is a hole in the upper part, which is present in a very subtle form. The hole you see in the clouds is related to the hole in the upper part of *Brahmarandhra*. When the hole in the upper part of *Brahmarandhra* opens, it seems that the subtle body is coming out of the hole in the clouds and not from the physical body because both the holes are the same. This hole is in subtle form; therefore, it is looking separated from you. You have been shown this visual so that you understand that both the holes are not different from each other. This path is only for the *yogis*.”

Meaning: In this meditative vision, I was shown the path taken by a *yogi* towards his upward journey after leaving his physical body. A worldly person, after leaving his physical body stays in the periphery of the earth in his *vasana deh and*, due to his desires, suffers mental agony. The individual souls in *vasana deh* are unable to cross the clouds. They can go above the clouds only after the destruction of desirous body or can help them move on by a *yogi*.

Four Bodies

I was doing meditation in my room on November 1st. During my meditation, I saw- a thick burning flame in the sky, which looked very beautiful. There was an oval-shaped light around the flame. There were four similar oval shapes on all sides of the first oval-shaped light. I was looking at all the four oval-shaped lights and the flame together. My eyes were fixed on the flame. I was smiling while looking at the flame.

Meaning: Spiritual seekers! I have seen burning flames many times, but the form of the flame was very beautiful this time. The reason for this is that this *vrutti* is very pure and pervasive than the earlier *vruttis*, which had taken the form of a flame. Now only a few painful *samskaras* are left on the *chitta*. The impurity of the *chitta* is also decreasing. Earlier the *sattvic vruttis* were not so pervasive because there was more impurity on the *chitta*. The flame which I visualized was of very pure *vrutti*. I will have to remove attachments towards this *vrutti* also. The four shapes on the four sides of the flame are my four bodies. **The first shape-** is the grand causal body. **The second shape-** is the Causal body. **The third shape-** is the subtle body. **The Fourth shape-** is the physical body. Presently, my state is in the causal body. All the four bodies were shown like shapes by the *vruttis*.

This meditative vision came after the one mentioned above. I saw waves of the cool breeze blowing in front of me. I was looking carefully at those waves. They were cool, colourless, and transparent. There were a couple of light particles shining here and there in the transparent waves of the breeze. I said to myself, “The breeze is so clean and transparent.” Then I heard a voice, "*Yogi*, you have to go across the pure and transparent *vrutti* that you are seeing. It is your knowledge which is being

seen as the pure and transparent *vritti*.” I kept looking at the *vritti* for some time and thought how beautiful and pure is that *vritti*. Then my meditative vision ended.

Meaning: Because a very transparent and clear *vritti* was being seen, it was clear that my *chitta* was rapidly becoming very clean.

Chitta towards Purity

I had this meditative vision on November 1st. I stopped while walking because I was smiling at the scene in front of me. There was an elevation of about one foot in front of me. This height was less than my knee height. There was a slight elevation of about 3-4 meters after this. I saw a beautiful light ahead of this elevation. I was smiling at the small elevation and the beautiful light. There was one thing unique about this meditative vision. The entire vision was lighted, and even the ground in the vision was lit up. The light was emerging from the ground too. Just then, I looked downwards at the place where I was standing. I saw that the elevation started from the height, which was up to my knees. After one foot of elevation, very clean water was flowing. The water was flowing towards me because the land was downhill towards me. Water was coming towards me and falling down. I looked at the clean water, laughed, and said, "The water is so clean." Then I noticed that the place where the water was coming out was not the source of water; instead, the water was coming from the sky about 1.5 feet above the earth. I said to the water, "You are appearing and coming towards me." I thought about where the water is going. Then I was surprised to see that it was disappearing near my toes. The light above the elevation was still there. Then my meditative vision ended.

Meaning: Spiritual seekers! In the meditative vision, the sky is one foot above the ground of *chitta*. Very clean water appears, flows towards me, and then disappears near my toes. This flowing water is the form of *vrittis* of my *chitta*. The *vrittis* of the *chitta* flow towards me in the form of water and merge in me. The area of the *chitta* from which the *vrittis* appear and come out is clearly visible. This very pure *vrittis* coming out in the form of water will be helpful to me on the spiritual path.

To Get Situated in it

I had this meditative vision too on November 1st. I saw in my meditative vision that I am standing, and my body is expanding to a vast size. There is a lot of light in front of me, and I am standing a little away from it. Just then, a voice came from the sky, "You have to establish yourself in this light." I was only smiling at that conscious light. My meditative vision ended.

Meaning: Spiritual seekers! I cannot describe in words the beautiful light I saw in this meditative vision. I am standing away from the light because I have not reached the light yet. When I control this *vritti* of *chitta* through my practice of *samadhi*, then I will reach that light. Sky has also told me that I have to establish myself in that light. I was really happy to hear that. Spiritual seekers! This conscious light is not real as the *vrittis* have shown it. This state will come in the future.

Resolution to Sacrifice Worldly Things

You must have read my previous meditative visions. The state I have in the present time is only achieved by a spiritual seeker when he gets complete knowledge of worldly objects, and he gives up those which are worth sacrificing. Hence worldly objects are worth renouncing because they are ever-changing. The changing objects are a form of sorrow. These things never stay in the same way. If a person loves something, due to attachment, he will perceive unhappiness when that object changes its form. Therefore, worldly things are worth sacrificing. The highest level of knowledge cannot be achieved without renouncing the worldly objects or when a *yogi* reaches the highest state of knowledge by his practice by that time, he has already renounced the worldly things in the subtle form because without renouncing these things he cannot reach that level. In the last 1 ½ months, I have also renounced in the subtle form and the physical form. On 3rd November, after resolving in my hut I had renounced physical objects. I sat in my hut for meditation and then made a resolve. I said to my *yogbal*, "O! *Yogbal*, my words shall echo in the universe." because only my *yogbal* can do the work of sending my words to the whole universe. Then I resolved- O! residents of the upper realms, *yogis*, hermits, ascetics, and saints, my acquaintances from the *Taploka*, friends, *Sattvik* powers, all the forms of *Adishakti*, Goddesses, gods, my revered God Lord *Shankar* (Lord *Vishnu* and *Krishna ji*), My four *gurus* and the conscious *Brahman*, I bow to you all. I resolve to keep you all as my witnesses that I renounce all the worldly things that are under my rights on this earth. I pray to you all that if ever I get the smallest desire towards anything, then please help me. Please bless me so that I can keep my promise." Then a voice from the sky said, "hey *yogi*, you are definitely a *yogi* of high quality. You have already renounced the material things in the subtle form. Now you have done

good work by renouncing them in the physical form. You will surely be successful. As long as you have your physical body, you will need worldly things. Therefore, accept material things for your physical body in the right amount and keep moving on your path. Your goal should be to complete the work that you have been sent to do on this earth.” I became delighted to hear these words and came out of my hut.

Quick Encounter of *Karmashayas* by *Chitta*

I am writing this meditative vision on November 6th. About 15-20 days ago, I had this vision during my meditation. I saw a puppy standing in front of me. As soon as I looked at the dog, it started to get smaller automatically. When its size reached the size of a puppy, it changed from a live puppy into an inert form. This puppy was made of clay. In a few moments, it broke like an earthen pot, and its parts were scattered. It felt as if a child had thrown his clay toy, and it broke, and its pieces were scattered. My meditative vision ended here. I sat down to think about the meaning of this meditative vision, but I could not understand anything.

The next day also I had a similar meditative vision, but I did not pay attention to it. I thought- there are various types of meditative visions during meditation, and it is not necessary to find out the meaning of each one. But when I had similar meditative visions for one week, then I got into thinking that there must be a meaning to these meditative visions. Then one-day, my inner voice told me, “The meaning of these meditative visions is the visualization of *karmshayas* by the *chitta*.” The *karma* you are doing now and the *karmashaya* you are receiving from others by *valay*, those *karmas* are visualized. These *karmashaya* now do not stay on the *chitta*. The *karmashaya* are created on the *chitta*; therefore, you see such scenes in the form of

meditative vision. First, your *karmas* look conscious; then, they turn into inert form. Because now the *chitta* is clean and pure, it visualizes you the actual form of the *karmashay* forming on the *chitta*. You will get this capability in the future.

Desires (*Trishna*) and Flaws (*Vikar*)

This meditative vision came at 4 AM on 13th November during yogic sleep. In yogic sleep, I saw that I am walking forward, but I stop to see a horse like animal lying on the ground a little ahead of me. A golden snake is crawling above its neck. On seeing this, I uttered, "He is dead." Then I looked at the snake; it was moving in the east direction. My face was in the north direction. The atmosphere was very calm, and the surface seen in the vision was self-illuminated. The length of the snake automatically increased. The snake was very quiet. I was surprised to see its length, it was about 10 meters, and I thought that this snake should not be that long. The snake was not looking bad. It was moving in the east direction where a divine light was shining. Then I heard a voice inside me, "This snake will disappear in the light." I looked on all sides. It was very calm everywhere. The sky was also bright with blue light, and there was a bright light in the east. Then my meditative vision ended. I opened my eyes, and it was time for my meditation.

Meaning: Horse like animal- This is my desire, which I see as dead. The truth is that desire never dies; instead, it becomes very subtle, and its existence ends. The surface and the sky are my *chitta*. In this meditative vision, the *chitta* is self-illuminated. *Chitta* is not self-lit, but when the effect of *Tamoguna* reduces, then the effect of *Satvaguna* increases. Due to the rise in *Satvaguna* the *chitta* looks self-illuminated.

Praying to *Adishakti* for *Shri Mataji*

I had this meditative vision at 3 AM on 14th November during yogic sleep. An extremely beautiful woman was sitting on the throne. She was wearing a sequined red *sari* with jewellery all over her body and a crown on her head. Her hair was untied and falling on her back. I am standing below the throne on the right side. Just then, *Shri Mataji* comes and stands near the throne. She is holding a roll of white paper in her right hand. *Shri Mataji* tried to give that paper to the woman sitting on the throne, but that woman did not pay attention to *Shri Mataji*. Then I folded my hands and said to the lady on the throne, "Hey, *Adishakti Mata*, this woman is my *Guru* and also hardworking, please accept her prayers." The *Adishakti* extended her hands and took the papers from *Shri Mataji* and started to read. My inner self told me that *Shri Mataji* wants to work more; therefore, she still wants to stay in her physical body. Then my meditative vision ended.

Meaning: The woman sitting on the throne is in the form of *Adishakti*. I don't know what *Adishakti* decided because my meditative vision ended at that time. I understand from this meditative vision that *Shri Mataji* wants to live more. Spiritual seekers! I had told some of my friends in 1990 that *Shri Mataji* will die in the year 1999. But one thing to be noted is that a *yogi* can delay his/her death for some time with his *yogbal*. *Shri Mataji* is a great *yogi* so that she can delay her death. Otherwise, she should have left her physical body in 1999. I know about my death also, but I will not delay my departure. I know the *Loka* I will reach after my death. But as long as I am in this physical body, I will take full advantage of it because I aim to keep moving forward in the path of *yoga*.

Causal Body and *Vritti* of *Chitta*

I had this meditative vision on November 16th during meditation. I am looking at a flame. The whole area is lit up with the light of the flame. The flame is small but very beautiful. There is a special transparent cover on all sides of the flame. The flame is looking bright under the transparent cover. The light is coming through the cover and brightening the whole place. I am looking at the flame and the transparent cover too. After some time, the flame disappeared. But the light was still present in the whole area as it was earlier. Now I saw only the transparent cover. Here my meditative vision ended.

Meaning: Seeing a burning flame- This is the powerful, pure *vritti* of the *chitta* which is visible in this form. The transparent covering is my causal body. Now my body is purer.

Individual Soul and Body

I had this meditative vision in my hut at 10 AM on November 17th. I had finished reciting my *mantra* chanting and had closed my eyes for meditation when I saw something coming towards me. I fixed my eyes on that object, which was coming towards me from far away in the sky. In a few moments, I could see the four legs of a horse. I could see the lower parts of the legs of the horse, which was galloping towards me. After some time, it was clear that the horse was running towards me. Its back was decorated with a beautiful cloth. This beautiful cloth was hanging on both sides of the horse. Due to this cloth, only a foot or less of the horse's lower legs were visible. It stopped a little distance away from me. It was harnessed

to a chariot. There were only two wheels in the chariot, and it had a large umbrella over it. The chariot had a high seat. When the horse and chariot stopped near me, it encircled in its place. Due to this, I saw the entire horse and the chariot. Then a voice came from the sky “*Yogi*, sit on this chariot and drive it (the *karma* of a charioteer).” I don’t know why I did not like the horse and the chariot even though they were looking beautiful. Just then, I sat on the chariot even when I had not moved from my place where I was standing away from the chariot. My body was sitting like a king on the chariot, and my other body was watching the entire scene from a distance. My hands were on the reins of the horse. The horse was quiet and keeping its head down. I asked, “What is the meaning of this chariot and the horse.” A voice from the sky replied, “This chariot is your body, and the horse is your mind. Now you can drive your body and mind as you want to.” I was not feeling good about the horse and the chariot. I said, “I don’t like the horse and the chariot.” But there was no response from the sky.

When I was sitting like a king on the chariot, at that time, I could see the chariot, the horse, and my body sitting on the chariot. I did not like my body sitting in the chariot even when I was dressed like a king. I looked like a king, but I did not like all three (horse, chariot, and my body). I had no desire to sit on the chariot and hold the reins of the horse, but I could not do anything as everything was happening by itself. I was looking at all three, and the light spread on all sides. I was looking at everything as a spectator. I still remember I was devoid of body, devoid of form and only a spectator of the entire episode. When my body sitting on the chariot took hold of the reins and started to drive the chariot, then my meditative vision ended. The horse was light red. The chariot, my body, and the light were white.

Meaning: Horse is symbolic of my mind. Chariot is my body. My mind in the form of the horse is standing still and calm. The chariot is my body. I do not like my mind

and body even though they look beautiful. I am looking down on them. I did not walk up to the chariot to sit on it, but I sat on it automatically. My body seated on the chariot as a king is the symbol of the individual soul. I am watching all this as a spectator. I have been asked to drive the chariot. Until now, the senses were driving the body; hence the body was in the control of the senses. Now control your senses, mind, and body and drive them according to your will. Only a *yogi* can do this. A worldly man is always under the control of his senses; therefore, he is the slave of his senses. Spiritual seekers! All the spiritual seekers should aim to establish themselves in their souls. A spiritual seeker has to take many births to achieve this state.

Chant Only *OM Mantra*

I sat for meditation on the evening of 20th November. After a few moments into meditation, I heard a voice, "*Yogi*, from now on, you chant only *Om mantra* or remind yourself of the soul only. Stop chanting other *mantras* because they are in the *sagun* form. Stop chanting the *Shiv mantra* also for some time." Then I stopped chanting *Shiv mantra* because the *Shiv mantra* was continuously going in my conscience. Then I went into deep meditation.

Spiritual seekers! I was told not to chant the *sagun mantras* so that my mind concentrates only on the conscious element. I mostly chanted *Shakti mantra* as I had perfected (*siddha*) it. Due to its effect, my *yogbal* never depleted because I have achieved a perfection of *Shakti mantra*. I always have storage of *yogbal* with me. I have never failed in any work related to *yoga*. But now I only chant *Om mantra*. I do all the spiritual work with the help of this *mantra*.

The Year 1999

Vrittis of Externalisation (*Vyutthan*)

After November 1998, *vrittis* of externalisation started to generate in my conscience. Due to these *vrittis* of externalisation, I have mixed feelings of happiness, sadness, attraction, etc. These *vrittis* are a mixture of ignorance and impurity. Due to these *vrittis* I have developed an attraction towards the physical world, like such and such person misbehaved with me or such and such person deceived me. I have deliberately reduced my *sadhana* so that I can get the effects of these *vrittis* of externalisation. When I get affected by these *vrittis* only then will I be able to understand them better? Now I am fully affected by these *vrittis*. I have collected vast knowledge about these *vrittis*.

In this state, I see my *chitta* completely. I saw clearly that my *chitta* is getting impure. Defilements have started to rise in my *chitta*. Senses, mind, and ego are becoming extroverted. I am laughing at seeing them extroverted. Now, after becoming extroverted, they have started to do their work. I saw in my meditative vision, A baby snake, which is very black and agile, is raising its head and hissing at me. I immediately understood that this is my ego. The vision of *Maya* was very beautiful. I am writing in short.

Maya is Towards Destruction

I was walking when a girl pointed me to come near her. She was standing in my way, a little distance away from me and on one side. I stopped in my place on seeing the girl and thought that I have nothing to do with this girl why should I go near her. Then I thought, let me see what she will do to me? Thinking about this, I went near the girl. She was very beautiful. She looked about 16-17 years of age and was wearing beautiful clothes. I reached her and saw her beauty carefully. Then I said, “You are very beautiful.” The girl did not reply; she only smiled and embraced me. I was standing still and smiling; she separated herself from me. I asked her, “Why did you call me?” She replied, “I am yours; I want to stay with you.” I surprisingly said, “Okay.” After a few moments, I said again, “If you want, then you can stay with me.” She got happy, and she sat on my right lap like a child and held my right shoulder tightly. I did not deny the girl from sitting on my lap; instead, I helped her with my right hand. Now I was moving ahead with high speed, and both the girl and I were happy. As I was moving forward, the body of the girl was becoming transparent. I was going very fast. It seemed as if the girl’s body was becoming transparent and then getting destroyed. I was moving towards the light. My meditative vision ended.

Meaning: The girl was wearing clothes like a woman. Spiritual seekers! This girl was *Maya*. The effect of *Maya* will slowly end in the future because her form was slowly becoming transparent.

Dear spiritual seekers! I have purposely written about the *vrittis* of derivation so that you can learn from it. I reduced my *sadhana* so that I can learn more about these types of *vrittis*, and these *vrittis* appear more and more. At this time, my senses,

mind, and ego are extroverted. By reading this, it seems that it is my downfall. But in reality, this is not true. I have already introverted my ego etc. I am well acquainted with all these, and I will not get entangled with them anymore as I have already freed myself from them. Now they cannot obstruct my path of *yoga* or put me into delusion. Now, whenever I want, I can make them introverted by rigorous practice.

Thanks to my Family

Readers, these days, my family is making me suffer a lot. They are doing this because I am not doing things according to them. Being a *yogi*, how can I do things according to my family? After all, I cannot break the rules of *yoga*. They had taken away everything from me. Nothing was left to me. I stayed hungry for several days before any arrangement could be made. I know this that the people who are doing wrong to me themselves don't understand what they are doing. They will have to bear their *karmas* in the future. May God bless them with wisdom. Spiritual seekers! I should thank such people because they are taking my bad *karmas* on themselves. When a *yogi* endures such pain, his *chitta* becomes clean, but the reality is that such people are the reason for it. A *yogi* reaching this state becomes very powerful, and he can punish them with his *yogbal*, but a *yogi* does not harm others just because he has the capability to do so. These days I was undergoing a lot of grief, but this suffering was apparent only in the eyes of the society. I was always happy from inside as I knew about the coming incident in advance. These happenings sometimes even took my permission. But a worldly person would never understand what I am doing. In the eyes of a worldly person, I am suffering. However, I would laugh in solitude.

After Sacrificing Everything

I had this meditative vision in the second week of March. I was sad for some reason, so I sat down for meditation in my hut. After a few minutes, I went into deep meditation. Then a voice from the sky said, “Hey *Mata Kalike!* When will the sufferings of this devout *yogi* end?” Then a female voice came from the sky, “When he sacrifices everything, then his sorrows will end.” My eyes opened. I sat down to think- This was the voice of *Mata Kali*; she means to say that I should sacrifice everything in this world because attachment towards physical objects is the cause of sorrows.

I saw Stairs

I had this meditative vision in the third week of April. I was going somewhere alone. After some time, I saw a man. He said, “You follow me.” Without thinking, I started to follow him, and he led me into a house. In the courtyard of the house, there was a staircase. That man climbed up the stairs and disappeared from my vision. I also quickly started to climb the stairs. After climbing up, half of the stairs became very narrow. My body was not fitting in there. It was difficult to climb. I jumped down the stairs and said, “I will go up from a different path.” And then I turned back.

One week after the above-mentioned meditative vision, I had this meditative vision- I am standing in the sky with blue light. There are 4-5 stairs in front of me. These stairs are going straight up. I am looking at the topmost stair, which is very wide and nice. The stairs are glowing. On the last step, there were white clouds like small pieces of cotton. There were no clouds anywhere else in the sky. Then I uttered

to myself, "I have to reach this last step." My meditative vision ended. Here the sky was low in density, and a bright light was spread everywhere.

Meaning: Dear spiritual seekers! This meditative vision makes it clear that I still have to go on this path; therefore, I see these stairs. The *chitta* is not completely clean. The narrowing of the stairs means that there is a hindrance in the path of success. **In the second experience-** There is a white cloud on the last step, which is not very dense- After cleaning the *chitta* this cloud will dissipate. The light blue sky is my *chittakasha*.

Knowledge Was Imparted to Me

I had this meditative vision in the last week of May. These days I live in a hut near the river. I go home only to eat. One day it was afternoon, and I was very hungry. A hot wind was also blowing; therefore, I had closed the doors of the hut and was lying on the cot. Through the window, the light was coming inside. My eyes closed as I lay on the cot. I felt that somebody is lying on me as I could feel the weight of another body. Then I saw a very beautiful woman lying over me. Her right breast was touching my mouth, and due to hunger, I started feeding on her. After some time, that woman put her left breast in my mouth, and I began to feed on her left breast. My mouth was below her chest, but still, I could see her body from head to navel through my divine vision. The woman's body was so huge that my feet were near her navel. Her face was behind my head, and her entire back was covered with her long hair. I could not see her body below her navel, and she had no clothes above her navel. I could see her face clearly, even when it was behind my head. I could feel the weight of her massive body, but I had no problem with it. The light fragrance

was coming out of her body. When I had fed on both her breasts, she disappeared. Slowly my eyes opened, and I saw sunlight from my hut. I was unconscious, even when I was awake. I could not move.

After some time, my eyes closed again. I felt as if somebody is lying over me. I had the same vision as before. A fair-complexioned woman is lying over me, but this is not the same woman as earlier. She is a different woman. I started to feed on her right breast. The fragrance is coming out of her body too. Her body from head to the navel is clearly visible. Her long hair is covering her and me. Her face is very beautiful. After some time, I started to feed on her left breast. Then the woman disappeared, and my eyes opened.

My body was quiet, still, and unconscious. My eyes closed again. I found a dark-skinned woman (With a body like previous women) lying on me. The woman was very beautiful, even though her skin was dark. Her eyes were very beautiful. Like before, I started to feed on her breasts too. While breastfeeding, I could see the light coming inside my hut through the window. I was in an awakened state, and I could see that I am breastfeeding on a woman. It was a weird situation. That woman was lying over me in a conscious state. While breastfeeding, I would forget that I was lying in my hut. One more thing I remember, when the milk stopped coming out of her breasts, then I stopped feeding on her. Then that woman disappeared. Then I hastily got up and thought- What kind of meditative vision is this? Because I was in an awakened state? I could still feel the touch and weight of the body of those three women. Then I sat down for meditation.

During my meditation, I asked my inner voice to tell me the meaning of this meditative vision. My inner voice said, "*Yogi*, you know the meaning of this meditative vision, and you are still asking me." I said, "Please, you tell me the

meaning of this.” My inner told me, "Whom you are calling women are the forms of *Adishkati*. Breastfeeding means to receive knowledge. You will get to know about its effects after some time. Your hunger has been satiated in subtle form, but your physical body needs food, so go home and have food.” I finished my meditation, and then I felt that I was not hungry anymore.

Spiritual seekers! I had this meditative vision in an awakened state, and my eyes closed automatically. I used to forget myself while breastfeeding. I never had such a meditative vision where I was experiencing everything in a conscious state. The body of those women was huge, and I could not see below their navel. Probably their body was 12-13 feet tall. The dark thick hair of the women was covering their bodies. I am not trying to describe the beauty of those women as I am at a loss of words to describe their beauty. Like a mother takes a baby in her lap or makes it lay on her to breastfeed, in this meditative vision, the mothers were lying on me because I was lying on a cot. The meditative vision was coming in a conscious state only when my eyes were closed. I was breastfed by all three huge women. When milk stopped coming out of one breast, then she would give the second breast to me. When the milk stopped coming from the second breast too, then the woman would disappear. The first and the second woman had done the same thing. But in the case of the third woman who was slightly dark, when she started to feed me, then her breast began to contract slowly, and in the end, it was fully contracted. It felt as if I am feeding on an older woman. The milk stopped coming out of that breast. Then she started to feed on the second breast, which also started to contract, and milk stopped coming out. This means, "Those three women gave me knowledge.” In the meditative vision, the third woman’s breast contracted, and milk stopped to come out. This means that I have been given complete knowledge. It is clear from this meditative vision that in the future, I will receive *Tattva Gyan*, and the entire nature

will be like a waste to me. This was not experienced during meditation but a direct experience.

The Evil Eye of *Kali-Yuga*

I had this meditative vision in the second week of May. I was meditating in the afternoon when in meditation, I saw- a man with a huge dark body is coming towards me from a distance in the sky. When he reached me, then I saw that he was holding an urn on his head and he was wearing white clothes. He came closer to me, took the urn into his hands, and slowly started to tilt its mouth downwards. A charcoal black and thick fluid started to fall out. Then I said, “Why are you putting this dirty liquid on me, stay away from me?” I was looking at that fluid with disgust. The man said, “I am not putting it on you.” I saw that he turned the urn upside down about 10 feet away from me and disappeared. That black substance was flowing out of the urn in large quantities. I was sitting at that time, and the fluid started to flow towards me and entered my heart. I was filled with disgust, and I got disinterested with myself because that substance had entered my heart without my willingness. The meditative vision ended.

Then I sat down for meditation and asked *Kali-Yuga*, “Why did you enter that dirty substance into my body?” The *Kali-Yuga* replied, “*Yogi*, I am also a form of *Brahman*, then why do you hate me so much?” I did not reply. Spiritual seekers! Now due to that dirty liquid, I have laziness, and I am sleeping a lot. My *sadhana* has decreased. A few days later, I gathered my determination; then, laziness started to decline, and slowly the effect of this thick black liquid started to fade. This dark liquid was my *Tamoguna*, which I ended by enduring it.

Truth and Fallacy are the Forms of *Brahman*

Spiritual seekers! Since my childhood, I despise people who steal, lie, or cheat. Many people lie these days; therefore, I am not on good terms with many. I have become brusque and wonder, "Why people lie?" Even though I have reached a very high state, I still have not been able to end my dislike for liars. One day during meditation, I heard a voice from the sky, "I am the sin, and I am holy. Who do you despise? I am the truth, and I am the falsehood. I am omnipresent in the form of fallacy. You hate my form of fallacy, but the creation is not impossible without falsehood. You have not been able to understand my quintessential form; therefore, you are feeling bad. When you understand this form, then you will be free of this agony. Observe the truth and falsehood in the same light. Until a person is engulfed in ignorance, his *karmas* become *karmashaya* in the form of sin and virtues. When one gets rid of ignorance, then his *karmas* do not become *karmashaya* even if he has taken the help of falsehood to do *karma*. He does not become the bearer of sin because the actions of this person (*yogi*) are motivated by me, and he functions within the *Prakriti*." At this point, my meditative visions ended.

A lot of change happened to me after this meditative vision. Almost all of my problems were solved. Now I sit quietly in solitude and feel that nothing more is left to know. I have the knowledge that I should have.

Why is Physical World not Visible

I had this meditative vision on May 15th. I am going to some lonely place. After walking for some time, I stopped in one place. I started to look carefully at

something and then said to myself, "There used to be a river here, why is it not visible to me?" as soon as I completed my last words a river appeared on my left side. I again said, "Why was it not visible earlier, and when I questioned, then it appeared automatically?" I started to walk on one side, and suddenly the stairs appeared before me. I began to climb up the stairs, and then my meditative vision ended.

Meaning: Spiritual seekers! The river is the physical world. At first, the physical world was not visible to me, but when I remembered it, then it appeared before me. Hence, even though I am living in the physical world, I am not part of it. When needed, I bring myself to the physical world. Climbing the stairs means there will be progress in the spiritual path in the future.

The Vision of Lord *Shankar*

I had this meditative vision in the morning on May 14th. I am standing alone on a flat surface. There is water on my left side a little above the ground, and it has no base. I was looking at that clean water when I saw a woman drowning in the water. She raised hands, and both were visible. In a few moments, her hands also went underwater. Now my eyes were fixed on the surface of the water. After a few minutes, I felt some movement in the water, and then I saw a man coming out of the water. That huge handsome man was standing above the water. His hair was tied in a bun, and he had snakes in his neck. He was wearing deerskin and had no other clothes on his body. That man smiled and came up to me. He was about 15-16 feet tall. Looking at his bun and the snakes in his neck, I said, "You are looking like Lord *Shankar*." He only smiled and did not say anything. The snakes had their heads hanging down, and then they stuck their heads into the man's navel. I looked at him

from head to toe and found him to be very graceful and strong. Then I asked that person, “Why are these snakes not raising their hoods, and why are they sticking their hoods into your navel?” The man smiled and said, “So you want to see these snakes with their hoods raised.” He then moved a little towards me, and then the snakes raised their hoods. I ran to one side and screamed, “No, no, I am very scared of them.” Here my meditative vision ended.

Meaning: In this meditative vision, the water is situated a little above the ground, and the woman drowning in the vast body of water is *Maya*. Calm and clear water symbolizes my *chitta*. In this meditative vision, Lord *Shankar* is not holding a trident, and he is of fair complexion, whereas Lord *Shankar*'s body is of blue colour. The snakes are facing down, which means that my ego has become introverted.

Sermons of Knowledge by Lord *Shankar*

I was given this sermon on May 14th at 7 PM. Lord *Shankar*'s voice started to come from my *Brahmarandhra*, "Hey, *yogi* son! You repeatedly say that three women breastfed you. They are not just women, but they are your mothers, so use respectful words for them. Now they will not come to feed you, pay your obeisance to them. Why are you always thinking that my complexion was fair in your meditative vision, and there were no locks of hair on my head? It was my form only because sometimes I can be seen in different forms to my devotees. You don't need to see me in the form that you have in your thoughts like the form of me on mountain *Kailash*. Know this well, I am the light, I am the darkness, I am the virtue, I am the sin, I am the mortal, I am the immortal, I am pathetic, I am apathetic, I am the true *Nirgun Brahman*, I am the nature in fallacy, I initiate all types of work I do all kinds

of work, I am the creation, I am the destroyer, I am in all the *yogis* in *samadhi*, I am present in all men committing sin, I am present in all human beings, I am in all birds and animals, I am not only in Kailash, but I am also in the entire sky and on the earth. Why do you think that you will have no pain in the future because of your knowledge? A *yogi* always has to endure pain. You have endured a lot, then why are you afraid of pain now? You will have to endure the suffering as long as you are on this earth. To date, all the *yogis* have suffered pain. Implement what I have said.” Then I saw Lord *Shankar* through my divine vision. Then my eyes opened automatically.

Meaning: Spiritual seekers! I did not hear all this during meditation. After sitting on meditation, I heard the voice coming from *Brahmarandhra*. I was sitting quietly and listening. The voice was very loud. The voice seemed to be a little brusque. I thought that now I will receive knowledge. I was seeing Lord *Shankar* with my divine vision. I was given a lot of sermons, but I have written down whatever I remembered.

Centre of Emergence

I got this meditative vision in the third week of May. Readers, please forgive me because this meditative vision appears to be dirty, but it is crucial from the point of *yoga*. In this meditative vision, I am standing in front of a naked woman. I am looking at her body parts. I was having no feelings. I said, “Mother! You.” The woman only smiled in answer. I again said to the woman, “Mother, you are very beautiful.” The woman did not say anything and sat down in the place where she was standing. I also sat down near her. My sight went to the reproductive part, which I could see very clearly. Her reproductive part began to increase in size, and I entered

her body. I kept going inside, but I could not find the culmination point. Due to this, I turned back and returned. When I came out of her body, I found her still sitting. She stood up and smiled. I folded my hands and asked, “Mother, I went far inside your body, but why I could not find the end?” She laughed at me and said, “Son, this is your place of birth; how can you find its centre? The centre of emergence is infinite; therefore, you cannot reach it. In ancient times, even *Brahma ji* could not find the point of emergence. The source you are looking for is the centre of the emergence of the entire universe.” I was listening to that woman very carefully, and then she disappeared. My meditative vision also ended.

Dear spiritual seekers! It must be a little strange to read this meditative vision. I was seeing a naked woman, and I was addressing her as Mother. At that time, I had no feelings; this happens when a person becomes sinless. That woman was very beautiful, and why not would she be? She was the mother of the universe.

End of the Curse of *Kundalini* and Evil Eye of *Kali-Yuga*

Spiritual seekers! I have written earlier that three years ago, *Mata Kundalini Shakti* had cursed me. I am still bearing that curse, and due to it, I am having a lot of problems in the physical form. A few days ago, during my meditation, *Kali-Yuga* had poured a dirty black liquid in front of me. I had written earlier that it entered my heart. Since then, laziness had increased in my body, and I always behaved like a lazy person who was deprived of sleep. It felt as if I had not slept for years. My whole body would ache, and I could do very little meditation. One day my inner

voice said to me, “*Yogi*, you are not a *yogi* anymore. You are always sleeping like a weak-minded coward who has given up in life. If you cannot meditate, can you not even chant? How many obstacles can these subtle powers put in front of you? You can at least chant *mantras* in the physical form.” At that time, my physical body was very weak. I also ate in minimal quantities.

I decided to chant the *Shakti mantra* because *Kundalini Shakti* had cursed me. I have also perfected this *mantra (siddha)*, so I started to chant the *Shakti mantra*. I chanted this *mantra* not just when sitting on a mat but even when I was doing any physical work and continue chanting when lying on the cot. When my mouth got tired of chanting, then I would chant mentally and would say to the subtle powers, “Can you obstruct my chanting, if so, then do it. I welcome you.” Finally, I continued my *mantra* chanting. Once when I was chanting, I felt that something had wound itself around me and tightening around my head. After a few moments, I saw a black cobra coiled tightly around my head. Its tail was hanging near my right ear. The hood part of the cobra was towards my left ear. It was swaying in the air with its head raised. The power I was getting with the chanting of the *mantra* was entering the mouth of the cobra, which means that it was consuming the powers I was getting from the *mantras*. I smiled at this vision and kept chanting while sitting on the mat. I could physically feel the tightening of the coil of cobra around my head. When I finished my chanting, I said to the snake, “you may consume my entire *yogbal*, but I will not deviate from my work.”

I was doing a very rigorous *mantra* chanting for a few days. While chanting, I could see my physical body. I could clearly see the upper part of my head. I was chanting very loudly when a forceful shaking happened in the outer part of my head. The upper part of my head opened like a lid and hung down onto one side. Now I could see from top the inside of my head. It was filled with soft, elastic flesh. When

I chant the *mantra*, the elastic flesh will shake a lot. Due to the effect of the chanting of the *mantra*, the soft flesh was shaking too much. Due to shaking, the flesh inside the head was very hot. Black smoke started to come out of the flesh. The upper part of the head was open, so the smoke was coming out of the head through the opening. When the smoking stopped, then I felt as if the flesh in my head turned into a black fluid. Now, this fluid started to go downwards from my head, and my head became empty. I was smiling to think that my head was now empty, and I could see the empty space clearly.

I was chanting *mantra* loudly. The black fluid filled in the throat was now going down. I was peeking from the top- due to the chanting, the body below the neck was becoming empty. I thought that there are no flesh, blood, and bones in my body. It is only filled with a black substance. Now the chest and the stomach are empty. My body from head to waist was now empty. I was sitting on my mat and focused on my chanting. The black fluid was still in my body below the waist. I got tired physically, so I stopped chanting, and I laid down on my cot.

I started to think about this vision- While chanting, I saw my body as a case or cover. This body was filled with a black substance. Due to the effect of the *mantra*, this black substance was becoming black smoke and coming out of my body.

Whenever I would sit down for meditation, I had the same vision- The upper part of my head is open like a lid. I am looking inside it. The black fluid filled in the body is going downwards, and then the entire body becomes empty. The physical body becomes empty, and this empty body is chanting the *mantra*. For a few days, I had the same vision. Once while chanting the *mantras*, I saw a black snake coming out through the opening in my head. This snake started to coil about a foot above me in the air. A flame was burning on its hood. My sight was on the flame when I

thought to myself, “Why is there a flame burning on the hood of the snake?” I was watching the tail of the snake come out of my head when somebody from outside came to meet me. I had to stop chanting, and my meditative vision was incomplete.

Meaning: In this meditative vision, the snake coiled around my head, and the snake coming out of my head is the curse given to me by *Kundalini Shakti*. This curse has come out of my body and escaped in the air. The black fluid is the *Tamoguna* dropped by *Kali-Yuga*, and the quantity of *Tamoguna* is more in the physical body. In this physical world today, only the business of *Tamoguna* works. I saw these visions through my divine vision. My physical body was like a hollow case that was filled with a black substance. Worldly people are activated to this body, which is very different when seen through *mantra* chanting.

Tree Depicting the World is Destroyed

One day I was chanting the *Shakti mantra*. I saw the same vision again: Black fluid in my head has come to the throat. The head is empty. Then I saw another head inside my head. The upper part of the inner head also opened like a lid. The inside of this head was also filled with a black substance. Then I saw another human body (subtle body) inside my physical body, and I saw the head of this body. Then slowly, with the effect of *mantra* chanting, the black fluid in this body also got consumed. Now I could see two empty bodies at once where one was inside the other.

On May 28th, while chanting the *mantra*, I had a vision. A beautiful urn is placed in my head with its mouth upwards. This urn came out of the opening in my head and situated itself in the sky about a foot above me. My eyes were fixed on the

urn. The urn tilted a little, and I saw that it was filled with clean water. The urn tilted a little more, and the clean water started to fall on my body as if I was bathing. Not a drop of water from the urn was falling outside, and my body was absorbing all of it. Then I saw inside my head again and saw golden babysitting on the head of the second body, which was inside my body. The baby was sitting and looking downwards, and I was looking at the baby. Then I saw a tree inside the body of the baby. The tree was very strange. The tree was the opposite of a typical tree. Its roots were upwards, and the branches and leaves were hanging down. The roots of the tree were in the upper part of the head of the baby. After some time, the branches and the leaves were being pulled upwards. Now the branches and the leaves had come above the head of the baby due to the pull. The tree became upright and being upright; its trunk went out of my head into the sky (about 1 ½ foot). The roots of the tree were still inside the head of the golden baby. This was a *Peepal* tree. When the tree became upright, its branches started to disappear. Only three-four leaves were left on the tree. I was looking at the empty heads of my physical body and subtle body. I was laughing to see a *Peepal* tree growing out of the head of a golden baby. The water from the urn was dropping on me and falling into the opening in my head, and the stream of water was falling directly on the head of the baby. The roots of the tree started to shake due to the falling water. Just then, I said, "The stream of water may become more forceful so that the root breaks completely and the tree gets destroyed." In a few minutes, the *Peepal* tree broke out of the head of the golden baby and fell away from my body. Just then, my meditative vision ended. I was very happy to see the uprooting of the tree.

Meaning: Spiritual seekers! I had this meditative vision while chanting *mantra*, my eyes were closed, and my divine vision was showing all the scenes. Both the physical body and the subtle body are looking empty or like a covering. It is filled with a

black substance which is *Tamoguna*. I have been shown the realities of both bodies. The golden baby is the form of *Hiranyagarbha*, who is also called Brahma. This *Peepal* tree is the symbol of the creation of the fourteen ephemeral *lokas*. *Hiranyagarbha* (Lord Brahma) makes this creation. His body is like heated gold; therefore, this baby is looking golden. There is a vivid description of this *Peepal* tree in the first, second, and third *shlokas* of the fifteenth chapter of Gita. The uprooting of the *Peepal* tree means that the *yogi* has no use for this material world. Such a *yogi* goes to the higher realm (*Ishwarloka*) after leaving his body. The *Ishwarloka* is way more subtle than the fourteen *lokas* (*Apara-Prakriti*). That *Loka* is also called the region of *Para-Prakriti*. The *individual soul* reaching the *Ishwarloka* does not have to come down to earth to take birth. Only the *yogis* who have finished their *karmashaya* completely and are practicing *Nirbeej Samadhi* can reach here.

You need to Take Birth Again

I got this meditative vision on May 28th while chanting *mantras*. My divine vision started to show me inside my heart (*chitta*). At that time, I could only see something hazy in my heart. When the picture cleared, then I saw a woman with four hands. That four-handed woman was in a petite form in my heart. In a few seconds, the woman became very big, and an object appeared in my heart. That object came out of the heart onto my brow. On seeing this, I said, “What is this? Why did it come onto my brow chakra?” The four-handed woman replied, "This thing will help you in your divine vision." Then that object got absorbed into my divine vision. The woman became enlarged and permeated into my body. My *mantra* chanting continued.

A few minutes later, I saw a little bird sitting in my heart. She was sitting very quietly, and I was looking at it. The bird turned into an egg, and now an egg was sitting in my heart. The egg started to come out of my body automatically. I said, “Why are you coming out; stay there in my heart?” A voice came from the egg, “You need to take another birth.” That egg went into the sky and disappeared. I was looking at the sky, then a voice from the sky said, “It is for you to take rebirth; therefore, *Brahman* has taken it under his control.” I opened my eyes and stopped chanting.

The egg I saw in my meditative vision will force me to take the next birth. This egg is my *karmashaya*. There must be a reason to take another birth; therefore, this action has happened. After burning the *karmashaya* with *yogbal*, some remnants are still left, like after burning wood ashes are left. Therefore, the *karmas* I have endured have been exhausted, but the *karmas* that have been burnt by *yogbal* have their remnants left. I am ready to endure these *karmas* in the form of remnants, but nature is not accepting it. It says that I have to take one more birth to do the work of the creation. Like the potter’s wheel keeps spinning even after the pot is made; similarly, some *yogis* have to take rebirth even after their *karmas* are exhausted. These types of births are for the propagation of religion and other tasks assigned by nature. If the *karmashaya* in the form of an egg had remained in my heart, then due to the effect of *mantra* chanting, it would have been destroyed. Elements that create the physical body are present inside the egg.

Dear Readers! In my third book called “Tattva-Gyan” you will read that this is my last birth. I will not have to take another birth because, in the present birth itself, I have achieved Tattva-Gyan and destroyed the ignorance that existed on my *chitta*. I am practicing *Nirbeej Samadhi* (seedless *samadhi*) because of the presence of

Ritambhara Pragma on my chitta. You will now read my further experiences in my third book, '*Tattva-Gyan*'.

Dear readers! You have now read about my experiences during meditation. These experiences are till May 1999. I have written the important experiences and left the remaining. Now, I may have negligible experiences. Even though your experiences may not match mine, but after reading them carefully, you will understand what kind of experiences one gets at which state. I hope that my experiences will be of some value to you. With these words, I will stop writing now. May you keep moving forward in your path! God bless you, my good wishes to you!

-Yogi Anand Ji

GLOSSARY

The meanings of some Sanskrit words used in the text have been elaborated in this section.

<i>Antahkarana</i>	The inner instrument of a living beings comprising of mind, intellect, ego and <i>chitta</i> which is involved in internal functions such as thinking and making decisions
<i>Apara-Prakriti</i>	The entire manifested nature, which consists of the whole visible universe and subtle worlds right from <i>chitta</i> to gross objects. The attributes are present in uneven state in this. It is ever-changing and consequential.
<i>Ashram</i>	A place where a group of spiritual seekers reside and do spiritual practices under guidance of a master.
<i>Bhaiya/Didi</i>	<i>Bhaiya</i> : word of respect for elder brother, <i>Didi</i> : word of respect for elder sister
<i>Beej Mantra</i>	Powerful mantra in the form of coded syllables which is chanted to please corresponding deities.
<i>Bhastrika</i>	A type of <i>pranayama</i> which involves fast inhalation and exhalation of breath.
<i>Brahmarandhra</i>	Often confused with crown chakra, it is situated in upper part of head. It is opened with difficulty after ceaseless rigorous practise, and after it is opened, the practitioner experiences <i>Nirikalpa Samadhi</i> . When it is opened, the practitioner experiences vrittis directing towards Brahman and visualizes satvik Ahamkara.
<i>Chakra</i>	There are seven primary centres of divine energy in

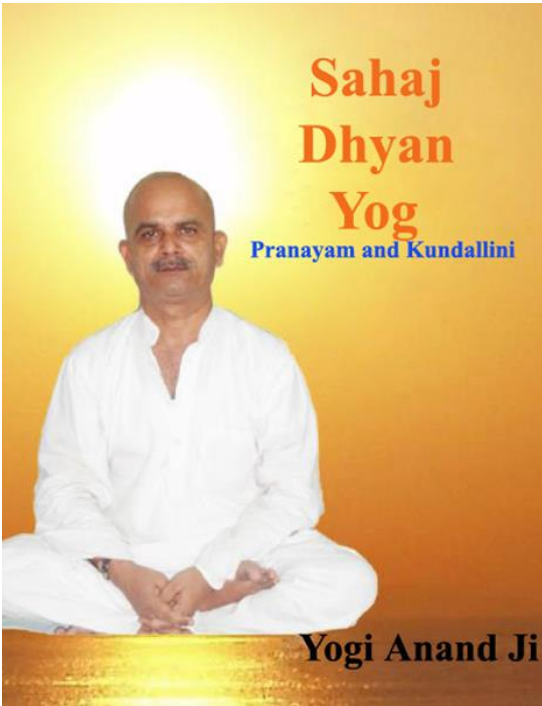
	the subtle body, which lie in a dormant state in a common man. They can be unfolded by proper sadhana, which marks the ascent of a person towards divinity.
<i>Chitta</i>	The region containing all the <i>karmashayas</i> of an individual being. It is first uneven consequence of three fundamental attributes.
<i>Durga Shaptshati</i>	A Hindu scripture devoted to the goddess <i>Durga</i> and contains 700 verses.
<i>Guru/gurudev</i>	To progress on the path of spirituality, a person has to accept the authority of a genuine spiritually advanced person for proper guidance and help on the path, known as the Spiritual Master, <i>guru</i> or <i>gurudev</i> .
<i>Guru-pada</i>	Post of Spiritual Master
<i>Havan</i>	A ritual in Hindu religion wherein people perform offerings to divine fire. The particular place to do so is called a <i>havan-kund</i>
<i>Jatharagni</i>	Fire element associated with digestion of all kinds of food.
<i>Kalp-vriksha</i>	Desire fulfilling tree as per Hindu mythology
<i>Kam-dhenu</i>	Desire fulfilling cow as per Hindu mythology
<i>Karma/Karmashaya</i>	Store of imprints of actions performed by individuals, whose fruits have to be reaped in future. They remain situated on the surface of <i>chitta</i> .
<i>Kumbhaka</i>	The process of holding the breath is called <i>kumbhaka</i> . It is classified as <i>Antar Kumbhaka</i> and <i>Bahya Kumbhaka</i> , depending on whether the breath is withheld after

	inhalation or exhalation. It aids in spiritual progress by decreasing the amount of <i>Tamoguna</i> present on the surface of <i>chitta</i> .
<i>Kundalini</i>	Form of divine primordial nature, root cause of everything, which remains in dormant state in normal individuals. It gets awakened after rigorous practice.
<i>Mahashivratri</i>	A Hindu festival associated with Lord <i>Shankar</i>
<i>Maya</i>	The illusory power of the God
<i>Mata</i>	Mother, to show respect we often use ‘ <i>Shri</i> ’ and ‘ <i>ji</i> ’ before and after it respectively.
<i>Mridangam</i>	An Indian musical instrument used in classical music.
<i>Nirbija Samadhi</i>	It is the highest level of <i>samadhi</i> , in which there is not the least outward consciousness and the practitioner is immersed deep within. Practise of <i>sabija samadhi</i> finally leads to this state in the last birth of spiritual seeker, in which there is no seed of the world.
<i>Panchbhoota</i>	The five fundamental elements of which the whole <i>Apara-Prakriti</i> is composed
<i>Prana/Pran-vayu</i>	It is a form of subtle life energy that makes life possible.
<i>Pranayama</i>	It is the yogic art of regulating the breath according to our own self which helps in purifying subtle <i>prana</i> and the body. It has three steps— <i>Poorak</i> (inhalation), <i>Kumbhaka</i> (holding breath) and <i>Rechak</i> (exhalation).
<i>Rajoguna</i>	One of the three attributes of nature, which is responsible for all activities in nature and fickleness of mind.

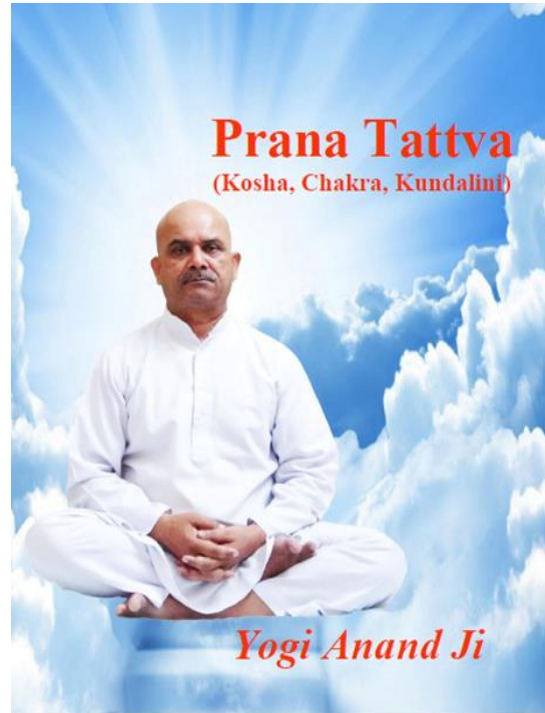
<i>Ritambhara-Pragya</i>	Truth-filling light, which destroys the ignorance present in <i>chitta</i> since times immemorial. It manifests itself only after several lives of earnest spiritual practise and <i>fervour</i> in the last birth of a spiritual seeker
<i>Sadhana</i>	Spiritual practice helpful in attaining the destined goal
<i>Samskara</i>	Latent impressions of past actions on <i>chitta</i> which govern the current thoughts and life of any person. Numerous <i>samskaras</i> are present within the <i>chitta</i> , some of which slowly come to the surface according to laws of nature.
<i>Sattvaguna</i>	One of the three attributes whose attributes are lightness and illumination, which supports spiritual activities
<i>Tamoguna</i>	One of three attributes of nature, which has the nature of obstructing and leads to ignorance
<i>Tanmatra</i>	Extroversion of <i>Ahamkara</i> gives rise to <i>Tanmatras</i> which are five in number, viz. smell, sound, taste, touch, form. <i>Tanmatras</i> are deeply related to five subtle sense organs.
<i>Tantrik</i>	A follower of the path of <i>tantra</i> , an occult path which bestows supernatural powers
<i>Tratak</i>	It is a type of yogic practice in which the practitioner gazes at a particular object without blinking the eyelids.
<i>Yoga</i>	Yoga literally means union, particularly union between oneself and Divine/God. It is the science of spiritual progress of any human being which ultimately leads to God-Realization or establishment in Self. There are different yogic school of thoughts leading to different

	names such as Sahaj Dhyan Yoga, Bhakti Yoga, Hath Yoga etc.
<i>Yogbal</i>	It is the yogic power attained by a yogi by means of spiritual practices such as meditation and <i>mantra-japa</i>

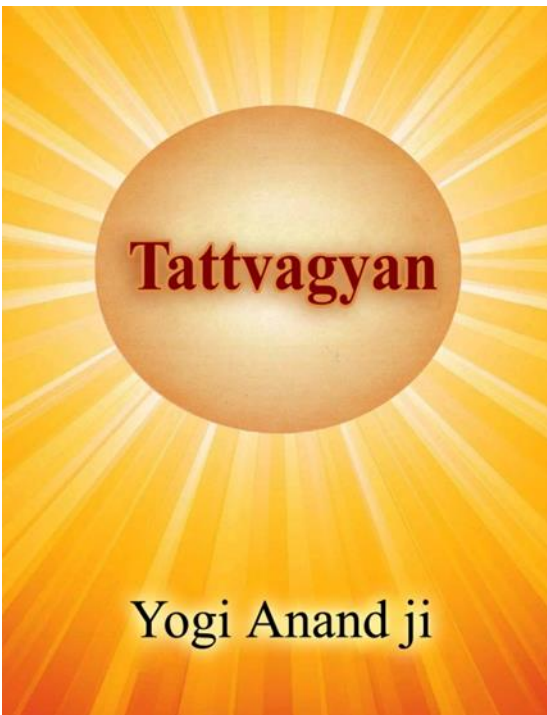
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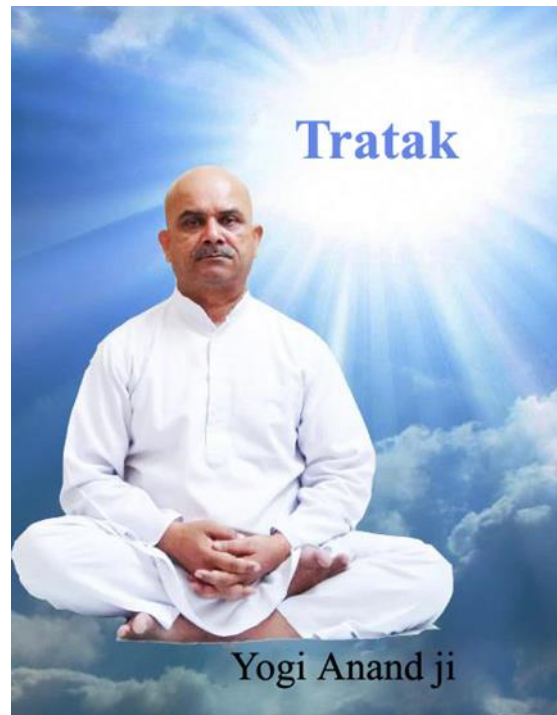
Sahaj Dhyani Yoga



Prana Tattva



Tattvagyan



Tratak

Dear Readers!

With the internal development by practice, it is possible to open the *chakras*, awaken the *Kundalini*, open the divine vision and open the *Brahmarandhra* respectively. The crown chakra starts to develop in the last birth only after destroying the painful *Karmashayas* by enduring them because it is the volume of knowledge.

To develop fully one has to follow the *Yama-Niyama*, and practice tough restraint under the guidance of a great *guru* for many years or many births.

The spiritual seekers who want to achieve anything without hard work are like those idle or lazy people who are living in delusion. So, work hard to achieve something. In current times, this book will be very useful to you in dissipating the myths of *yoga* so that you do not get cheated by anybody.

- Yogi Anand Ji

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